YOWZA
FITNESS

JUPITER PILOT

Assembly Instructions

and

Owners Manual

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1. PRECAUTIONS · · ·

PRECAUTIONS

Open the boxes:

You are now ready to open the boxes of your new equipment. Make sure to inventory all of the parts that are included in the boxes. Check the Parts List for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts or have any assembly questions call your local dealer or contact us directly.

Gather your tools:

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area:

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure the space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend:

Some of the assembly steps may require heavy lifting. It is recommended that you obtain the assistance of another person when assembling this product.

User Weight Limitation:

Please note that there is a weight limitation for this product. If you weigh more than 300lbs/136kg, it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here. This product is not intended to support users whose weight exceeds this limit.

BEFORE YOU BEGIN

Before assembling or using the exercise cycle, please read the following instructions carefully. They contain important information for use and maintenance of the equipment as well as for your personal safety. Keep these instructions in a safe place for maintenance purposes or for ordering spare parts.

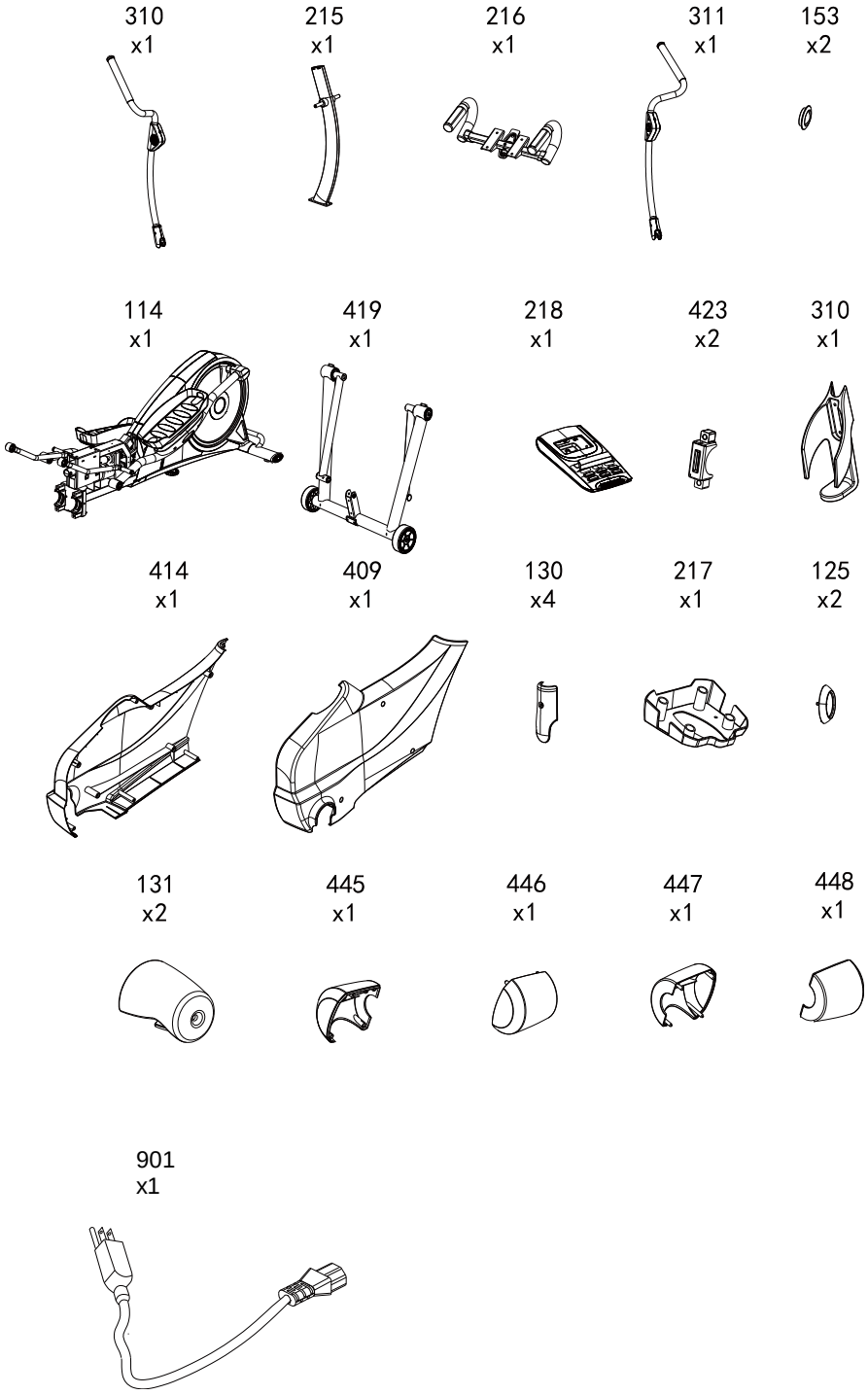
Product-Scope: This product is made for home use only and tested up to a maximum body weight of 330lbs/150 kg.
Product-Performance: This ergometer is speed independent, i.e. the performance is independent from pedal frequency.
Product-Feature: The resistance can be changed by the computer.

- Use-Scope: The exerciser may not be used by persons with a weight of over 330lbs/150 kg.
- Use-Scope: This product is designed for the physical exercise by adults. Please ensure that children only use it under the supervision of an adult.
- Use-Environment: Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Use-Environment: Ensure that sufficient space is available to use the home exerciser.
- Use-Environment: Place the home exerciser on an even, non-slippery surface.
- Use-Environment: Please ensure that liquids or perspiration never enter the machine or electronic.
- Use-Environment: Keep the equipment indoors, away from moisture and dust. Do not put the equipment in a garage or covered patio, or near water.
- Use-Environment: The product is made for home use only. Warranty and manufacturer's liability do not extend to any product or damage to the product caused by commercial purposes.
- User-Health: Consult your physician before starting with any exercise programs to receive advice on the optimal training.
- User-Health: Incorrect/excessive training can cause health injuries.
- User-Health: If you feel sickness, chest pain, fits of dizziness or breathlessness during your training, immediately stop the training and consult your physician.
- Product-Preparation: Ensure that training only starts after correct assembly, adjustment and inspection of the home exerciser.
- Product-Preparation: Follow the steps of the assembly instruction carefully.
- Product-Preparation: Only use suitable tools for assembly and ask for assistance if necessary.
- Product-Preparation: Only use original Yowza parts as delivered (see checklist).
- Use-Preparation: Tighten all adjustable parts to prevent sudden movement while training.
- Use-Instruction: Please follow the advice to correct training as detailed in the training instructions.
- Use-Instruction: Do not use the home exerciser without shoes or loose shoes.
- Use-Safety: Be aware of non-fixed or moving parts whilst mounting or dismounting the home exerciser.
- Use-Safety: Use the height adjustment caps on the rear tube to ensure stable position of the home exerciser
- Use-Safety: Make sure the front wheels are placed in the correct position: see assembly instruction.
- Product-Power-Safety: The unit requires a power supply of 100V – 125V / 50-60Hz. It should be connected to a safety socket with a single 10A fuse. Before commissioning the appliance pay attention to the fact that the correct plug-in power supply unit (observe marking) has been connected properly
- Product-Maintenance: If the equipment is in regular use, check all its components thoroughly every 1 – 2 month. Pay particular attention to the tightness of bolts and nuts. This applies especially to the securing bolts for saddle and handlebars.
- Product-Maintenance: Incorrect repairs and structural modifications (e.g. removal or replacement of original parts) may endanger the safety of the user.
- Product-Maintenance: Damaged components may endanger your safety or reduce the lifetime of the equipment. For this reason, worn or damaged parts should be replaced immediately and the equipment taken out of use until this has been done.
- Product-Maintenance: Only use original Yowza spare parts.
- Product-Maintenance: Do not under any circumstances carry out electrical repairs or alterations yourself. Always ensure that such work is done by a properly qualified electrician.
- Product-Maintenance: Disconnect the apparatus from the mains before doing repair, maintenance or cleaning work.

SUPPLIED COMPONENTS

This list identifies the major components you will use to assemble this product.

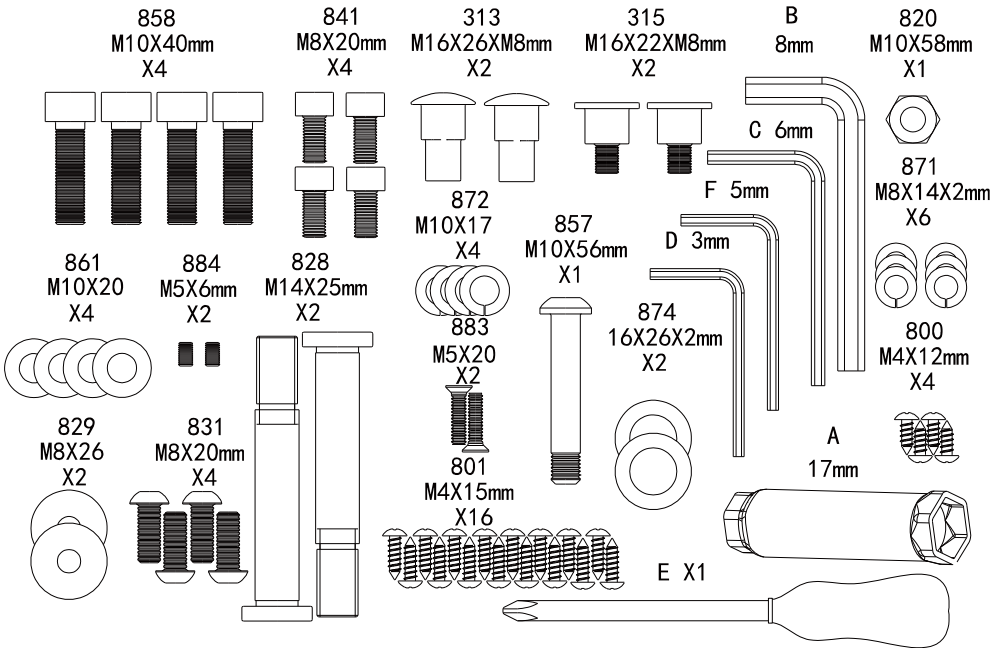
No.	Description	Qty.
310	Crank shaft-20X118.6	1
215	Upright	1
216	Console support tube	1
311	Action Handlebar – Right	1
153	Pedal Arm Front Pivot Cover	2
114	Main frame Assembly	1
419	Incline Frame	1
218	Console Assembly	1
423	Right side Chain Cover-Rear	2
311	Action Handlebar – Right	1
227	Kettle holder	1
414	Right Side Chain Cover-Front	1
409	Left side Chain Cover-Front	1
130	Action Handlebar Lower Cover	4
217	Console back cover	1
125	Action Handlebar side cover	2
131	Pedal swing arm pivot Cap	2
445	Pivot Arm Cover – LF	1
446	Pivot Arm Cover – LR	1
447	Pivot Arm Cover – RF	1
448	Pivot Arm Cover – RR	1
901	Power cord	1

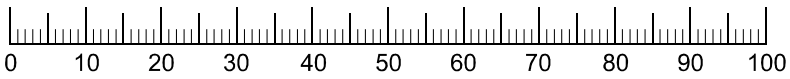


SUPPLIED HARDWARE

This list identifies the hardware you will use to assemble the product. To help distinguish between the various types of screws and bolts, use the scale below to measure them and compare them to the sizes listed.

No.	Description	Qty.
858	M10x40mm Bolt	4
841	M8x20mm Bolt	4
313	M16x26xM8mm Bolt	2
315	M16x22xM8mm Bolt	2
820	M10x58mm Nut	1
828	M14x25mm Bolt	2
872	M10x17x3mm Washer	4
857	M10x56mm Bolt	1
861	M10x20x4 Washer	4
871	M8x14x2mm Washer	4
829	M8x26x3mm Washer	2
831	M8x20mm Bolt	2
801	M4x15mm Screw	16
884	M5x6mm Bolt	2
A	17mm Socket	1
B	8mm Allen Key	1
C	6mm Allen Key	1
D	3mm Allen Key	1
E	Screw driver	1
F	5mm Allen Key	1
883	M5X20 Cross screw	2
874	Washer ϕ16X26X2mm	2
800	M4X12 Screw	4





MILLIMETERS

PART LIST

Part No.	Part name	Quantity
110	Bearing 6004	2
114	Main frame Assembly	1
120	Bearing bushing- 21X29X33.5	1
125	Action Handlebar side cover	2
126	Action Handlebar Cover – LL	1
127	Action Handlebar Cover – LR	1
128	Action Handlebar Cover – RR	1
129	Action Handlebar Cover – RL	1
130	Action Handlebar Lower Cover	4
131	Pedal swing arm pivot Cap	2
138	Transportation Wheel	2
153	Pedal Arm Front Pivot Cover	2
154	Transportation wheel Cap	2
155	Transportation wheel side cover	2
213	Bearing 6000WM	4
214	Bearing 6002	4
215	Upright	1
216	Console support tube	1
217	Console back cover	1
218	Console	1
227	Kettle holder	1
235	Hand pulse sensor cover	2
240	Action Handlebar foam	2
300	Oval Tube Cap-75.5X36X60	2
301	Action Handlebar cap	2
302	Rear Stabilizer	1
303	Action Handlebar foam	2
304	Crank shaft	2
305	Bearing 6004	4
306	Crank shaft plate	2
307	16X26mm-M8 Bolt	2
308	Driving belt pulley	1
309	Driving belt-30J-6	1
310	Crank shaft-20X118.6	1
311	Action Handlebar – Right	1
313	16X26mm-M8 Bolt	2
315	16X22mm-M8 Bolt	2
316	Moving Linkage – Left	1
317	Moving Linkage – Right	1
318	Action Handlebar – Left	1
320	Adjustment feet-36X10-M8X25-	2
324	Magnet Bracket	1

PART LIST

Part No.	Part name	Quantity
333	Bearing 2201	2
334	Pedal Buffer	1
335	Moving Linkage Bushing	4
401	Switch Plate cover	1
403	Pedal Soft Cushion	2
406	Pedal Support Base	1
409	Left side Chain Cover- Front	1
410	Main Chain Cover- Left	1
411	Front Chain Cover- Left	1
412	Left side Chain Cover- Rear	1
414	Right Side Chain Cover-Front	1
416	Front Chain Cover- Right	1
417	Side cover-outside	2
418	Pedal Swing Arm-Left	1
419	Incline Frame	1
420	Pedal Swing Arm-Right	1
421	Transportation wheel Bushing 26X16X10.7mm	4
422	Incline Frame Holder – Rear	2
423	Right side Chain Cover- Rear	1
424	Bushing 25.6X28.6X50mm	2
428	Foot Plate side cover	4
429	Bearing Holder-ID40XOD47X39	2
430	Bearing 6205	4
431	Rear Foot Plate Tube Rear Cover-Lower	2
432	Incline Frame Positioner	1
433	Rear Foot Plate Tube Rear Cover-Upper	2
434	Foot Plate – Right	1
435	Cylinder -head inner hexagon screws M10X73	1
436	Foot Plate – Left	1
437	Chain cover Clip § 1.2X28	1
439	Incline Arm bearing bushing	2
443	Pedal Swing Arm Cap	2
444	Foot Plate tube-Left	1
445	Pivot Arm Cover – LF	1
446	Pivot Arm Cover – LR	1
447	Pivot Arm Cover – RF	1
448	Pivot Arm Cover – RR	1
449	Switch Board	1
450	Main Chain Cover- Right	1
451	Incline Frame Holder – Front	2
452	Rubber cushion-M5.5X25X45	4
453	Bearing 2203	2

PART LIST

Part No.	Part name	Quantity
454	Pedal tube-Right	1
455	Elevation gear motor sleeve	1
502	Flywheel belt pulley-FT1.1	1
503	Flywheel Axle- 10X100.8	1
504	Flywheel ring-shaped Holder- 48X24XT2.5	1
506	Aluminum Disk- OD310X3	1
507	Flywheel Assembly	1
508	Motor fixed seat-84.5X40X35-T2.5	1
510	Tension pulley fix plate	1
512	Bearing 6300	2
517	Flywheel D-shaped Holder-48X24XT2.5	1
518	Adjustment feet	1
537	Motor Connecting rod-1	1
539	Motor Connecting rod-2	1
555	Spring nut	1
601	4 PIN cables(4NF)-upper 1150	1
603	4 PIN cables(4NF)-lower 550	1
604	Elevation gear motor	1
605	Two core cables(2NF)-950	1
606	8 PIN motor connection cables-850	1
607	Three core cables(2NF)-950	1
608	Singe wire-White 100	1
609	Speed sensor wire(K w/M)-800	1
610	Singe wire-Red 500	2
618	Ground wire-150	1
611	Control board	1
612	Electric Outlet	1
613	Double-Pole Switch	1
614	Power breaker	1
615	Motor	1
616	Transformer-57style	1
800	M4X12 Screw	4
801	M4X15 Screw	49
803	C-clipM12	2
804	Plastic Washer § 12X20X2	2
805	Plastic Washer § 12X20X0.5	2
806	Fixing Insert-OD6X12-9X3	4
807	Washer § 8X17X1.5	8
808	Button head inner hexagon screw M4X45	1
810	Cylinder -head inner hexagon screws M6X45	1
811	M5X10 Screw	4
812	Washer § 6X13X1.5	3

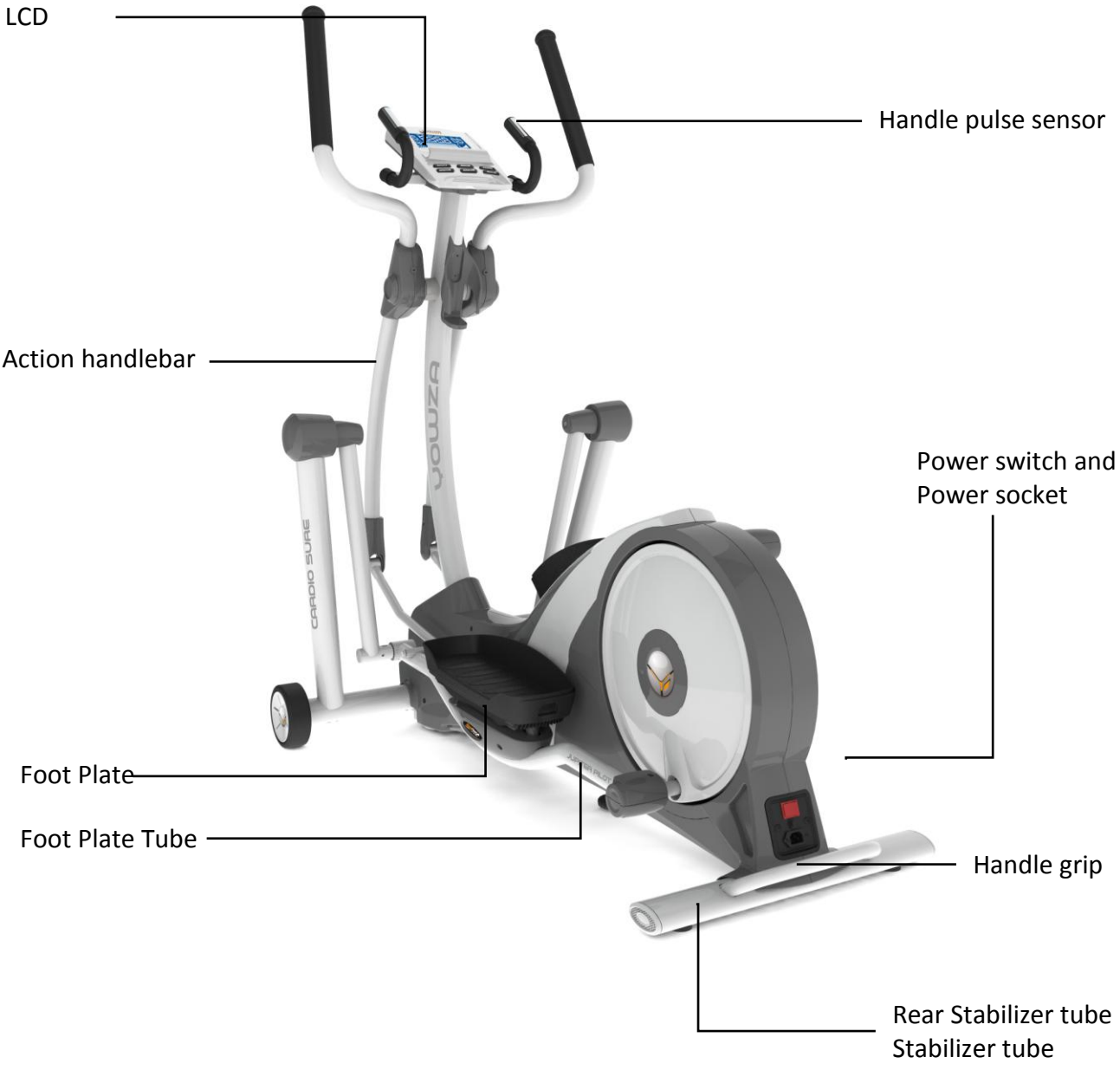
COMPUTER OPERATION

Part No.	Part name	Quantity
813	Washer § 10X26X2	2
814	Round head cross- screw M5X6	2
815	Round head cross- screw M6X6	4
816	M4X8 Screw	4
817	Spring Washer § 8X14X2	6
818	Round head cross- screw M8X15	6
819	C-clipM6	1
820	Locknut M10	4
821	Flange outer hexagonal screws	2
822	M4X12 screw	6
823	Cylinder -head inner hexagon screws M8X30	2
824	Flat-head inner hexagon screws M10X39	1
826	Thin Nut	2
828	M14X25mm Bolt	2
829	Washer § 6X26X2	2
830	Round head cross- screw M4X12	4
831	Cup head hex socket cap screw-M8x20mm	4
832	Washer § 10X20X1.5	9
833	Washer § 6.5X22X12	2
834	M5X30 Screw /washer	4
835	M6X15 Screw /washer	6
836	M3X14 screw	1
838	M4X12screw/washer	8
839	Compressed spring § 1.5X15X25X5	1
840	Flang nut M10	1
841	Cylinder -head inner hexagon screws M8X20	4
842	Locknut M6	1
843	C-Clip M10	1
844	Washer § 20X30X2	1
845	Round head cross- screw M5X14	8
846	Washer § 5X10X1	2
847	Control board	8
848	M8X17 Bolt	2
849	Button head inner hexagon screw M10X20	4
850	Button head inner hexagon screw M8X12	8
851	Locknut M8	2
852	M4X12 Screw	2
856	Cylinder -head inner hexagon screws M10X20	4
857	Button head inner hexagon screw M10X56	1
858	Cylinder -head inner hexagon screws M10X40	4
859	Outer hexagon screw M8X45x25	2
860	Plastic insert OD6X12-9X3	8

PART LIST

Part No.	Part name	Quantity
861	M10x20x4 Washer	4
864	Cylinder -head inner hexagon screws M10X73	1
866	Thin Nut M4	1
867	Washer § 16X26X2	4
868	Spring 4.5 XOD25xl74.47	2
869	M5X22	2
871	Spring Washer § 8X14X2	6
872	Spring Washer § 10X17X3	10
874	Washer§16X26X2mm	2
877	M8X25 screw/washer	4
878	Metal shrapnel- 21X13X0.7	6
879	Cup head hex socket cap screw-M10X50X20mm	1
882	Washer § 10x33x2	2
883	Cross screw M5X20	2
884	Inner hexagon M5X6	2
888	C-Clip32	2
889	Wire Clip-SR-5R1	2
897	Nylon Nut M10	2
901	Hardware kit	1
902	Power Cord	1

ELLIPTICAL OVERVIEW



ELLIPTICAL OVERVIEW

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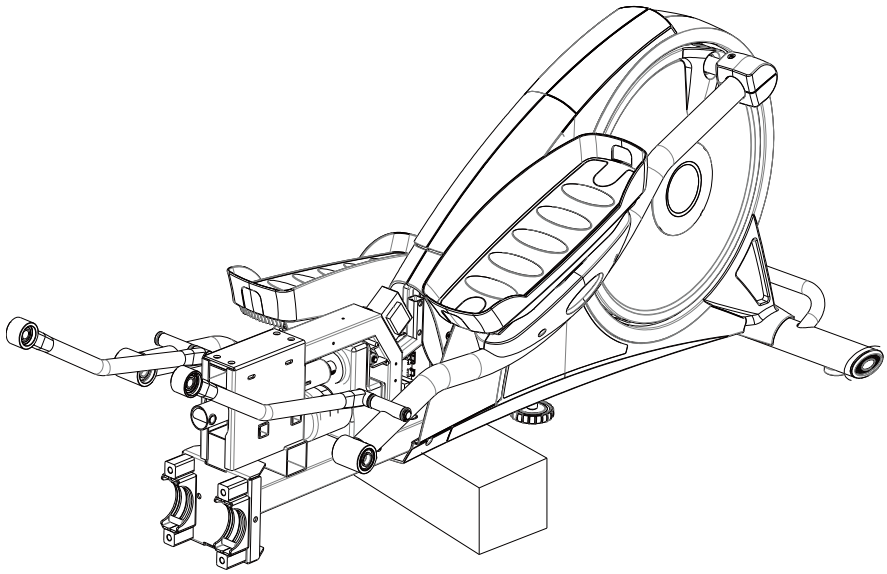

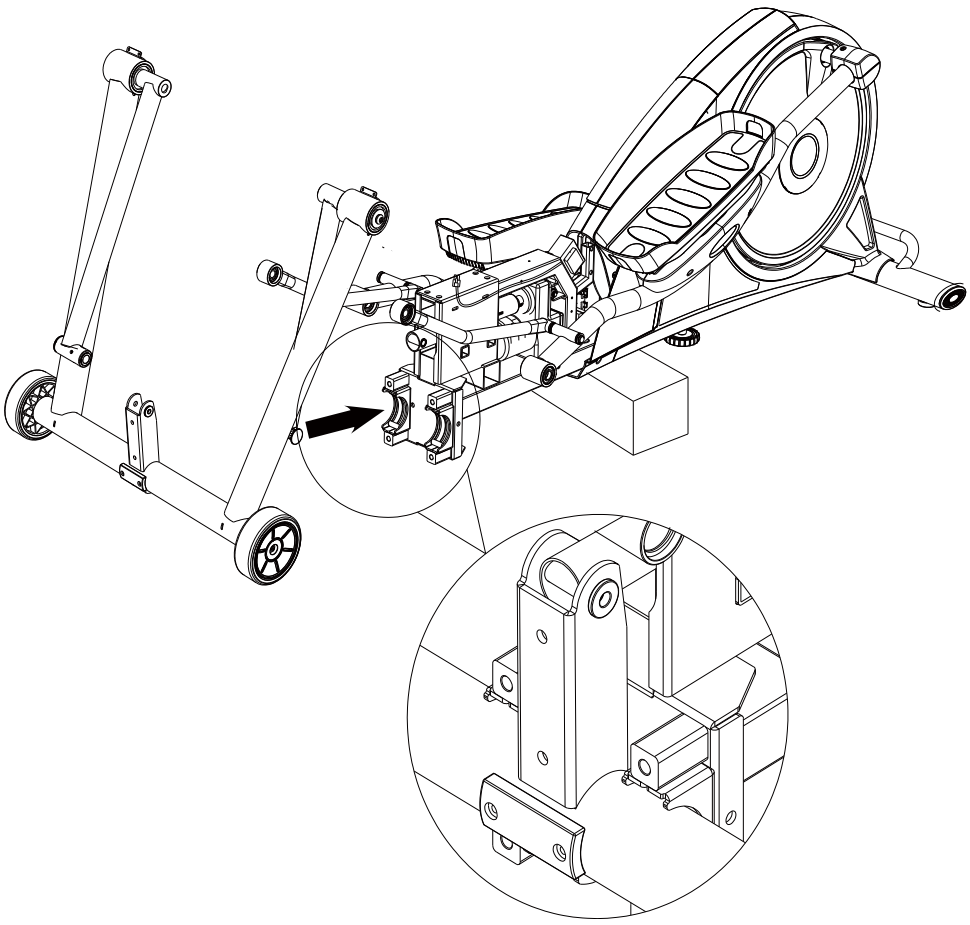

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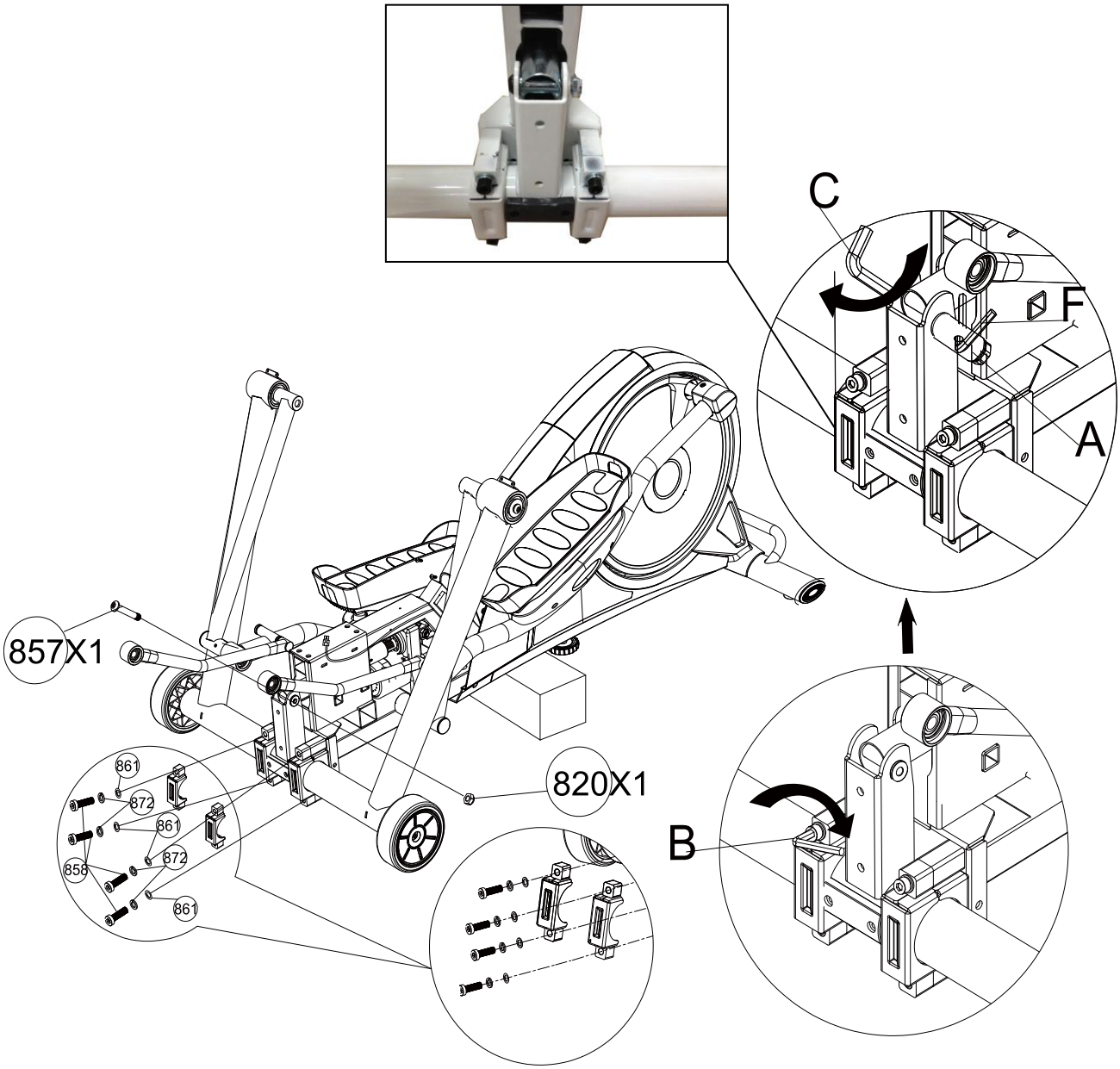
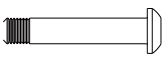


857	X1	
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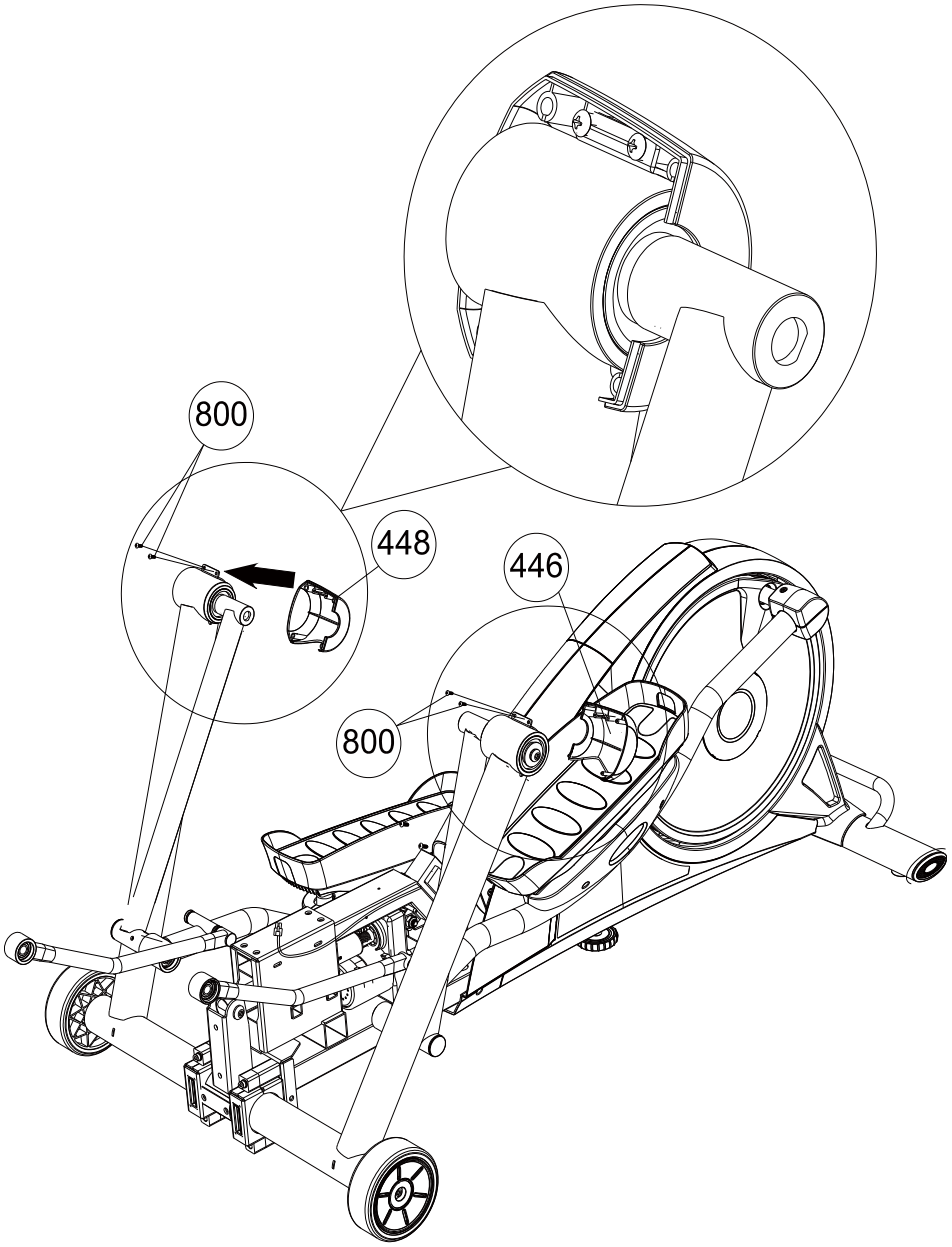
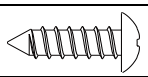


800	X4	
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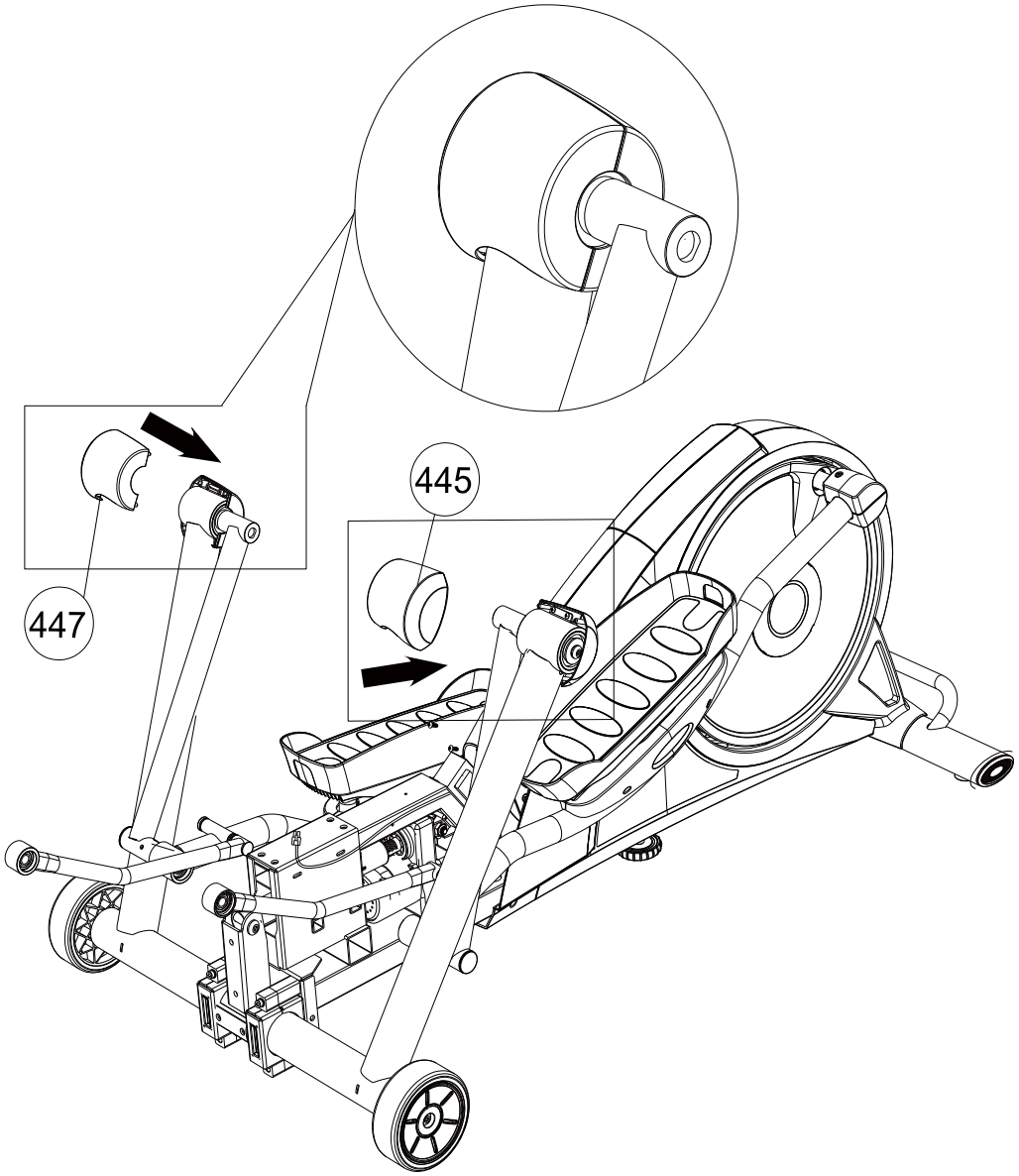

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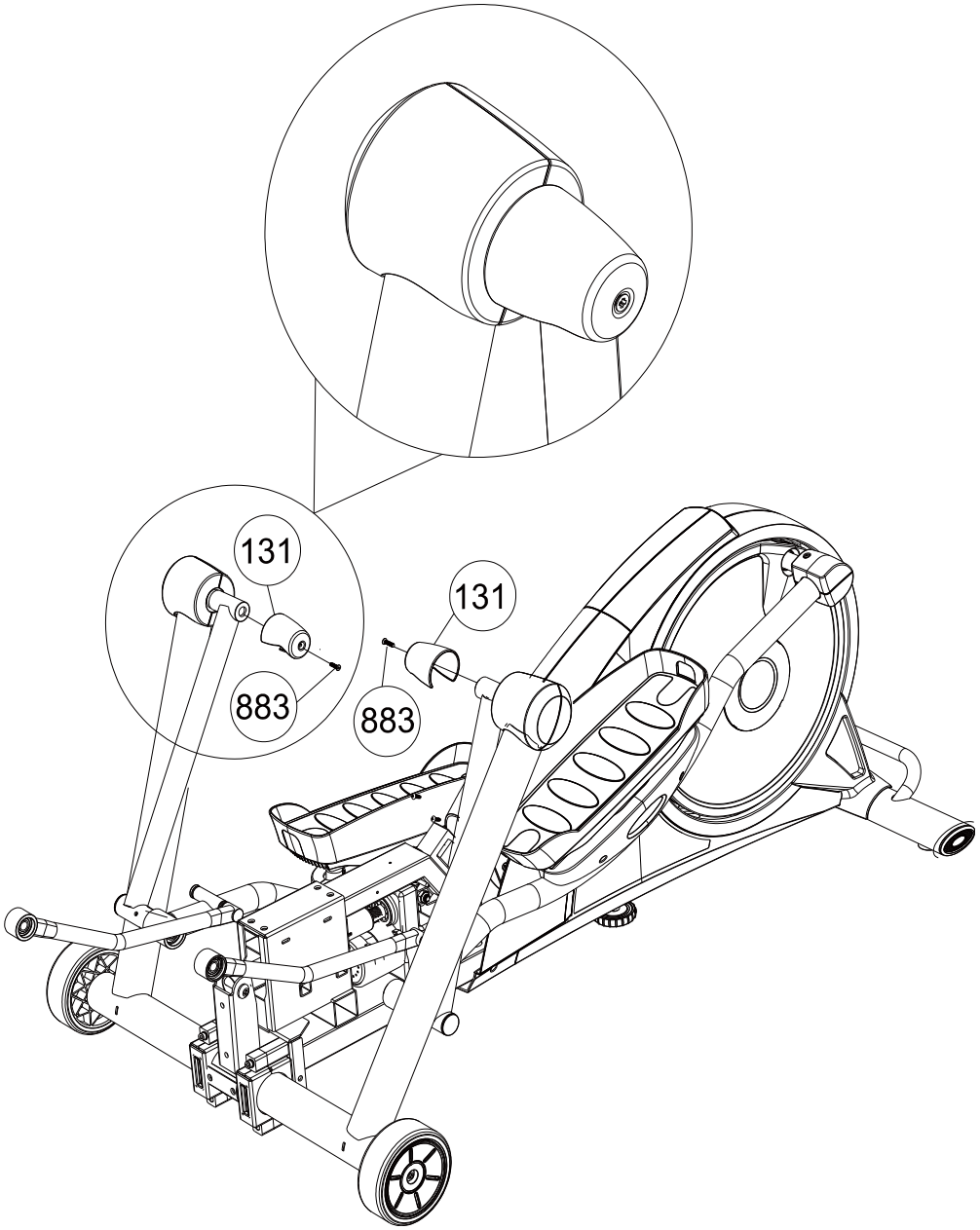

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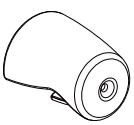
131	X1	

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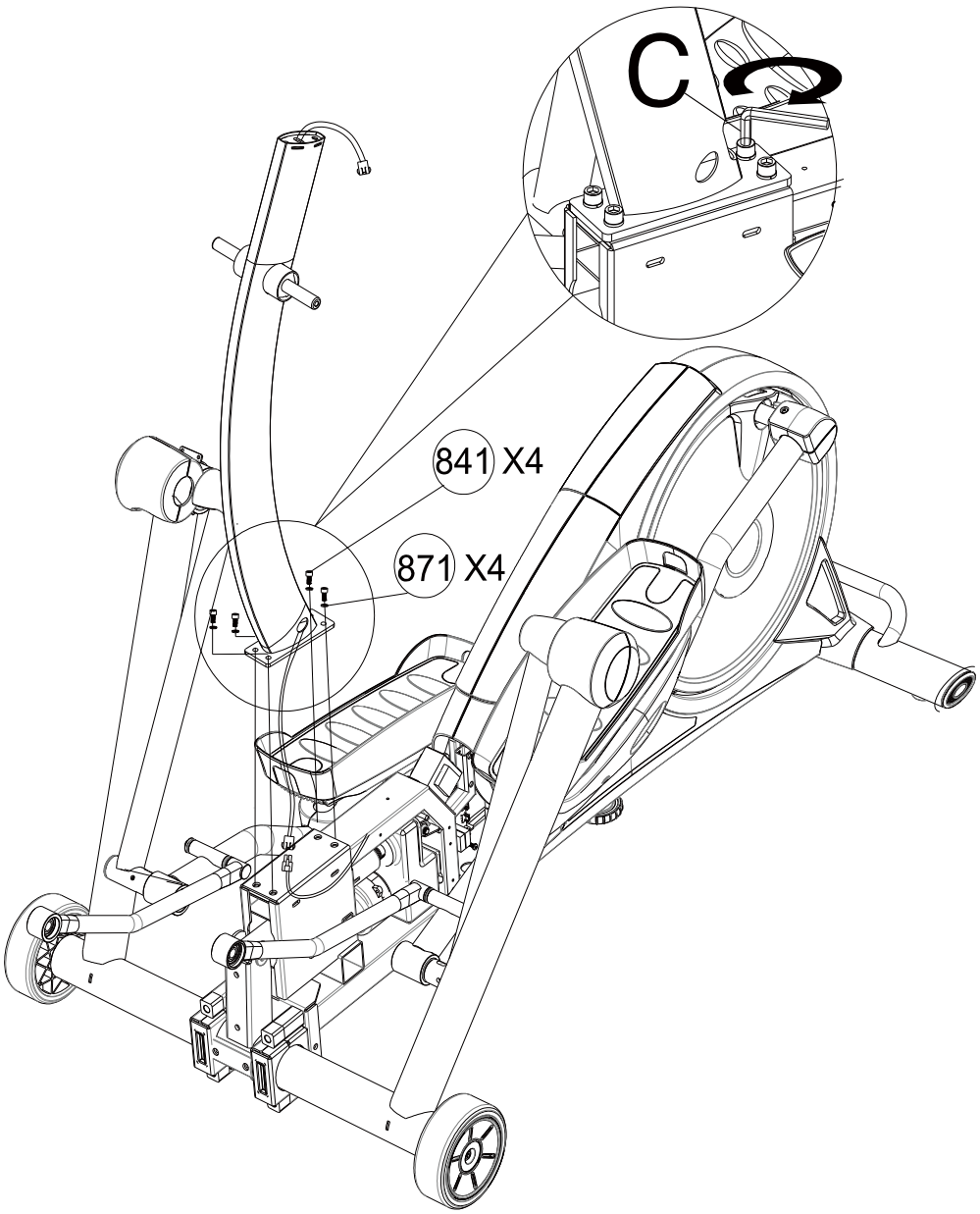
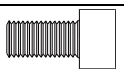


841	X4	
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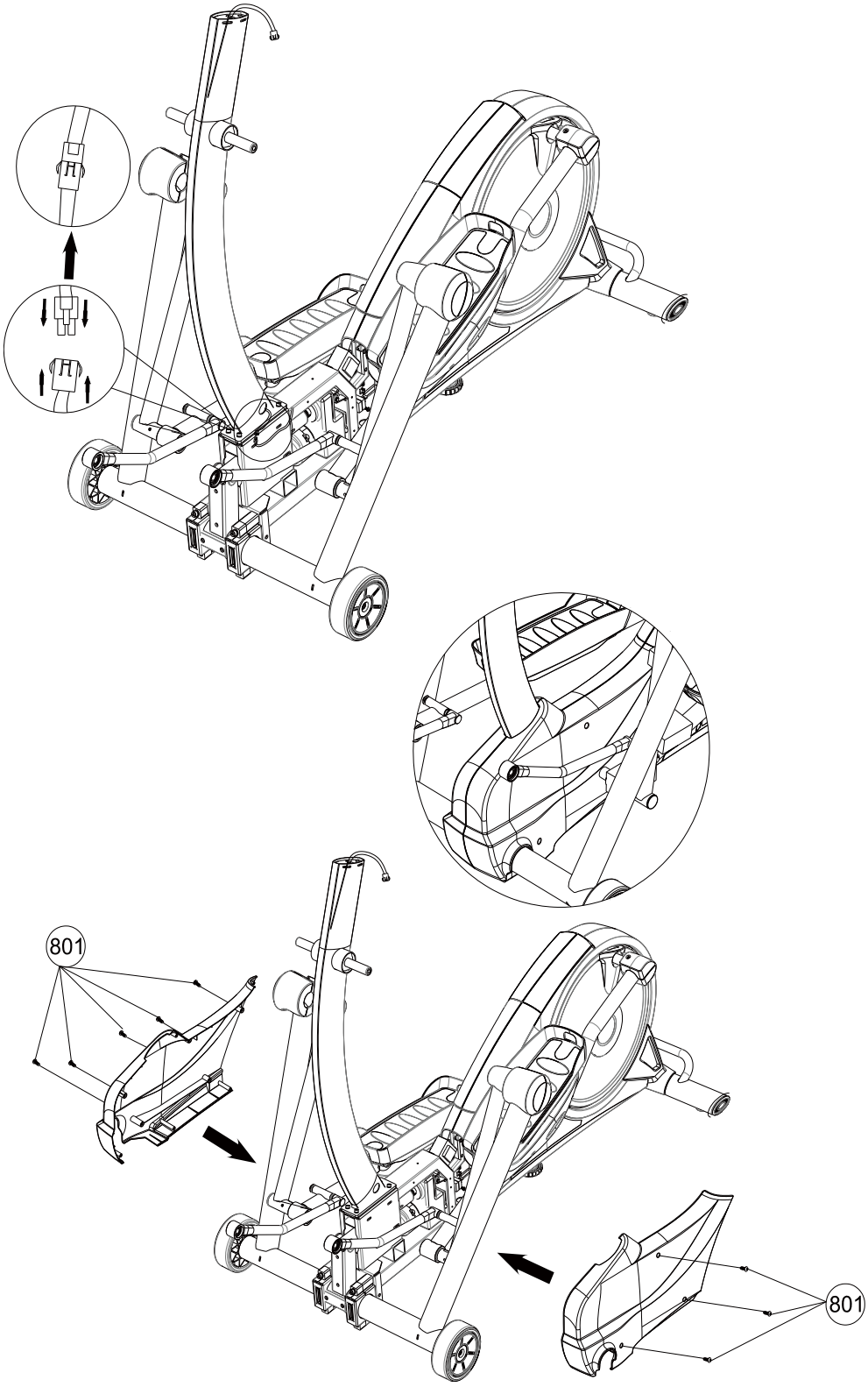
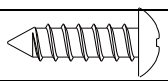


801	X8	

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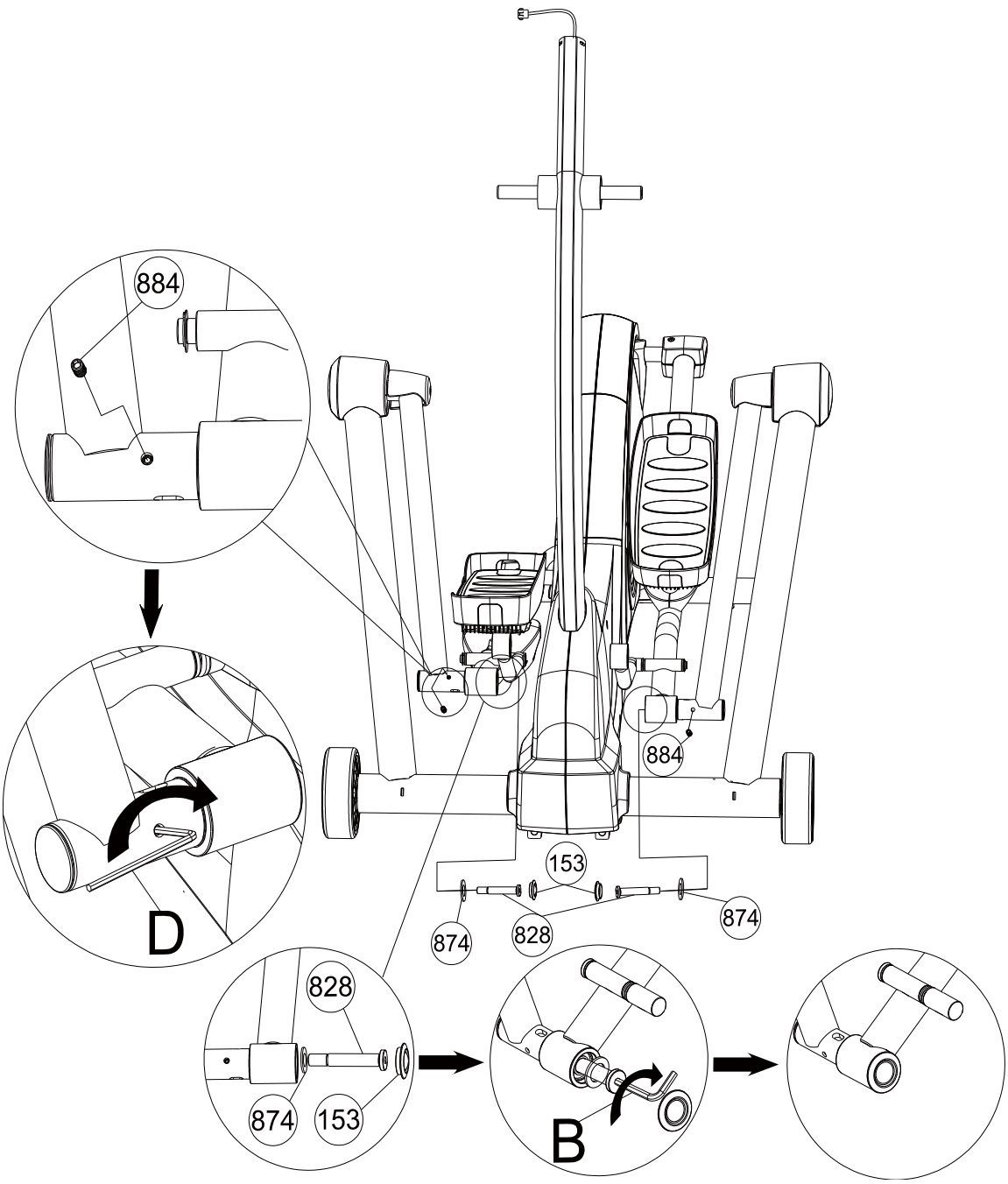
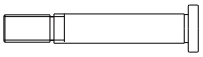
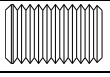


828	X2	
884	X2	
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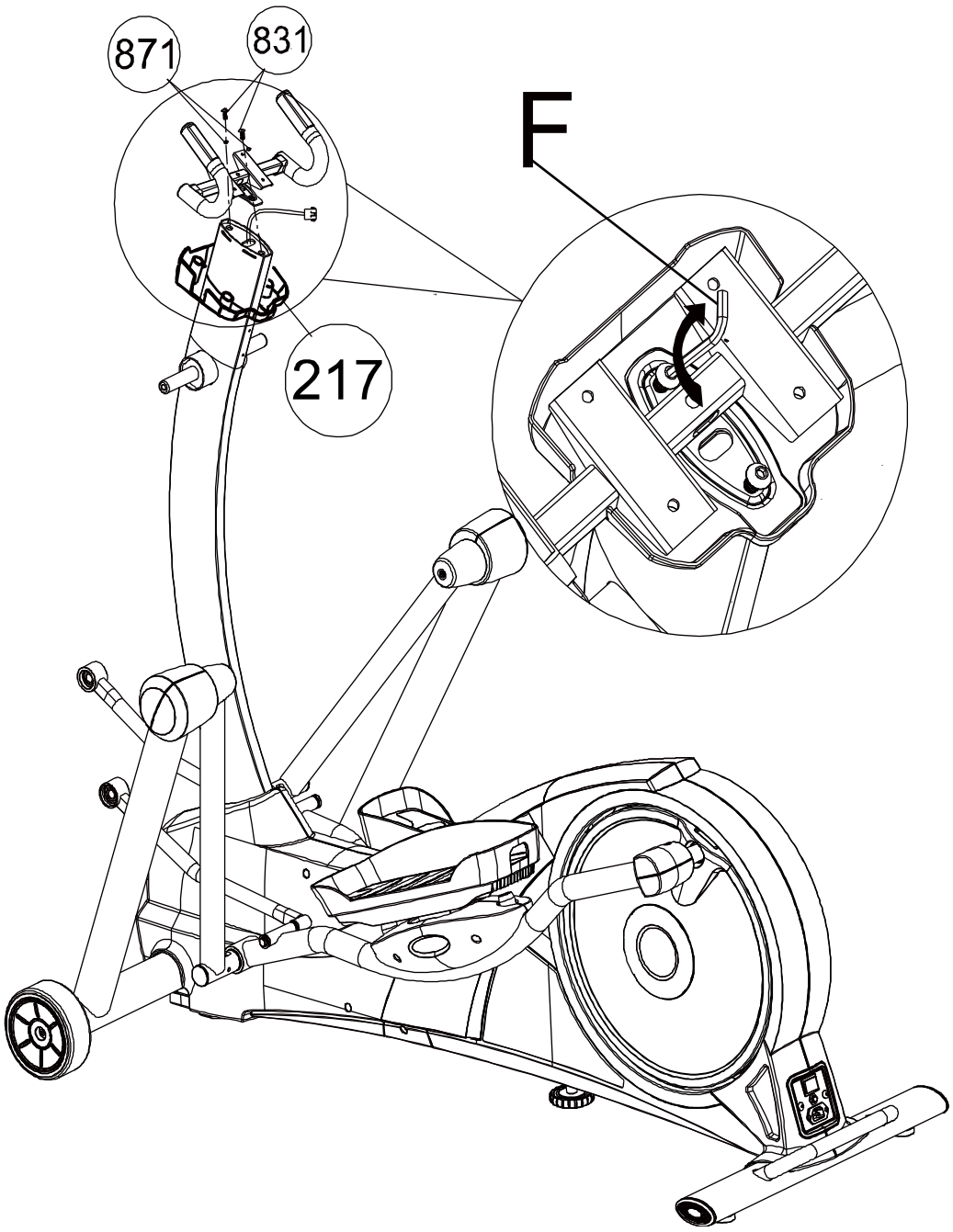

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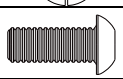
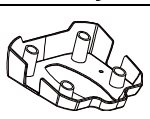
831	X2	
217	X1	

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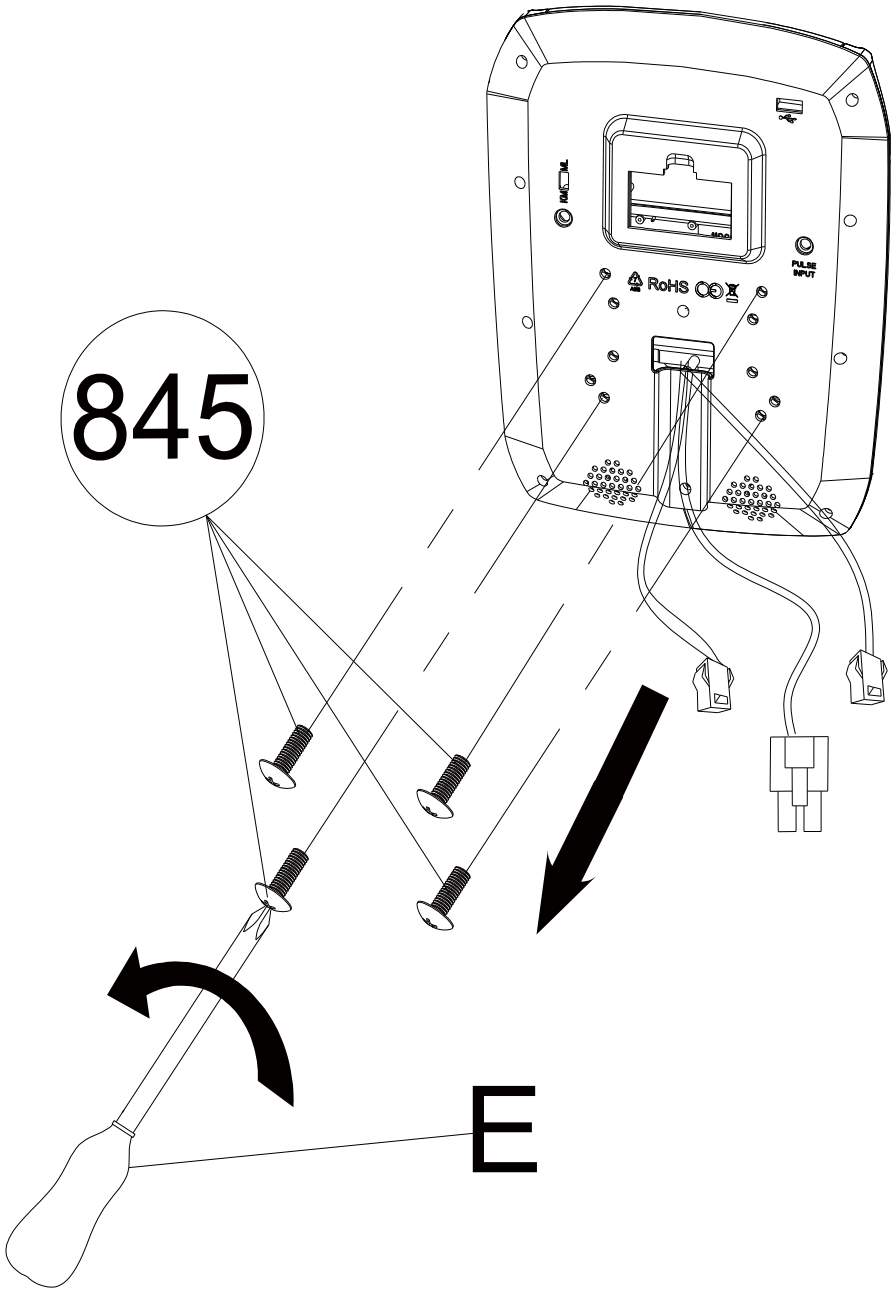
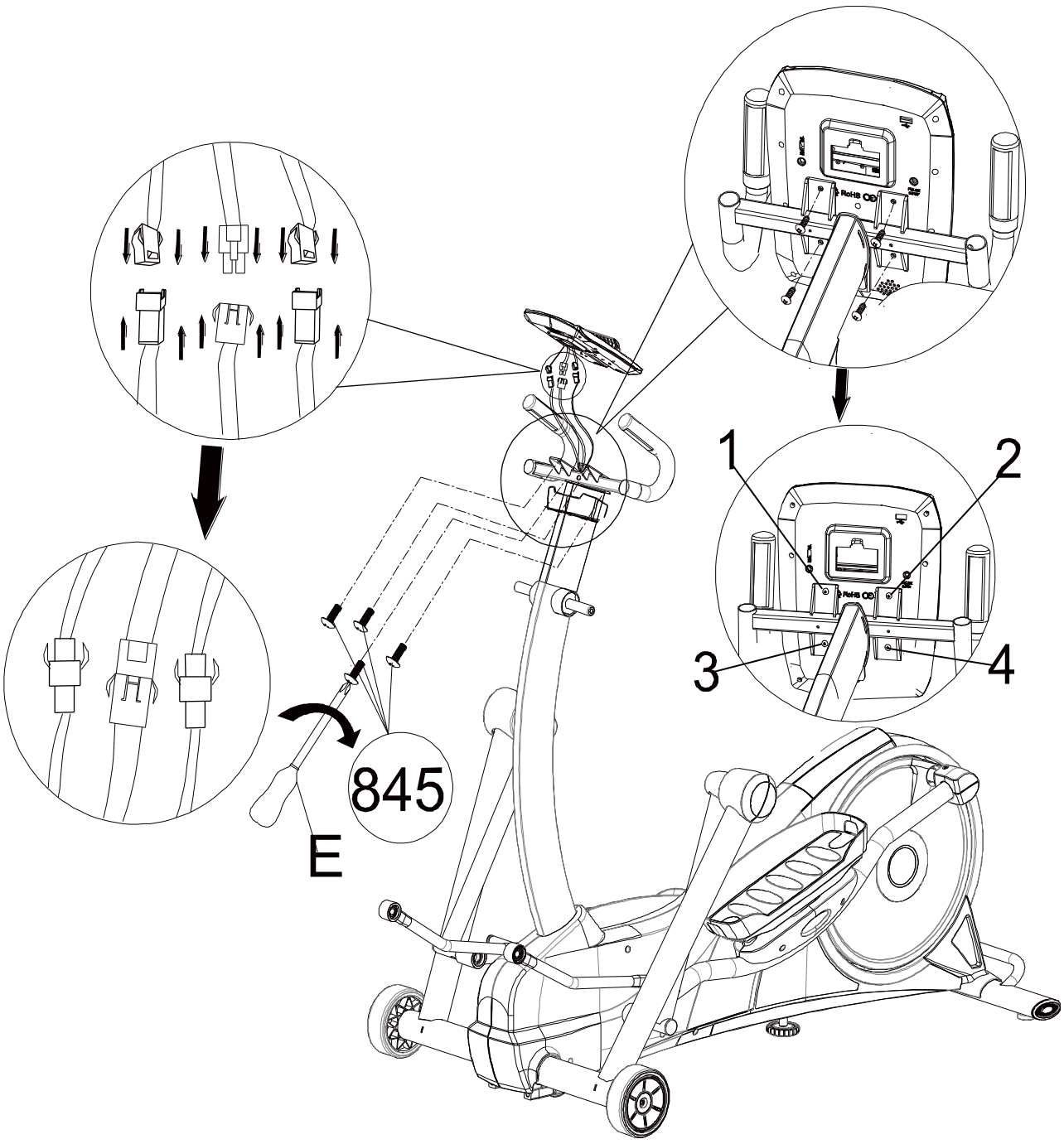


845	X4	

STEP11 ASSEMBLY



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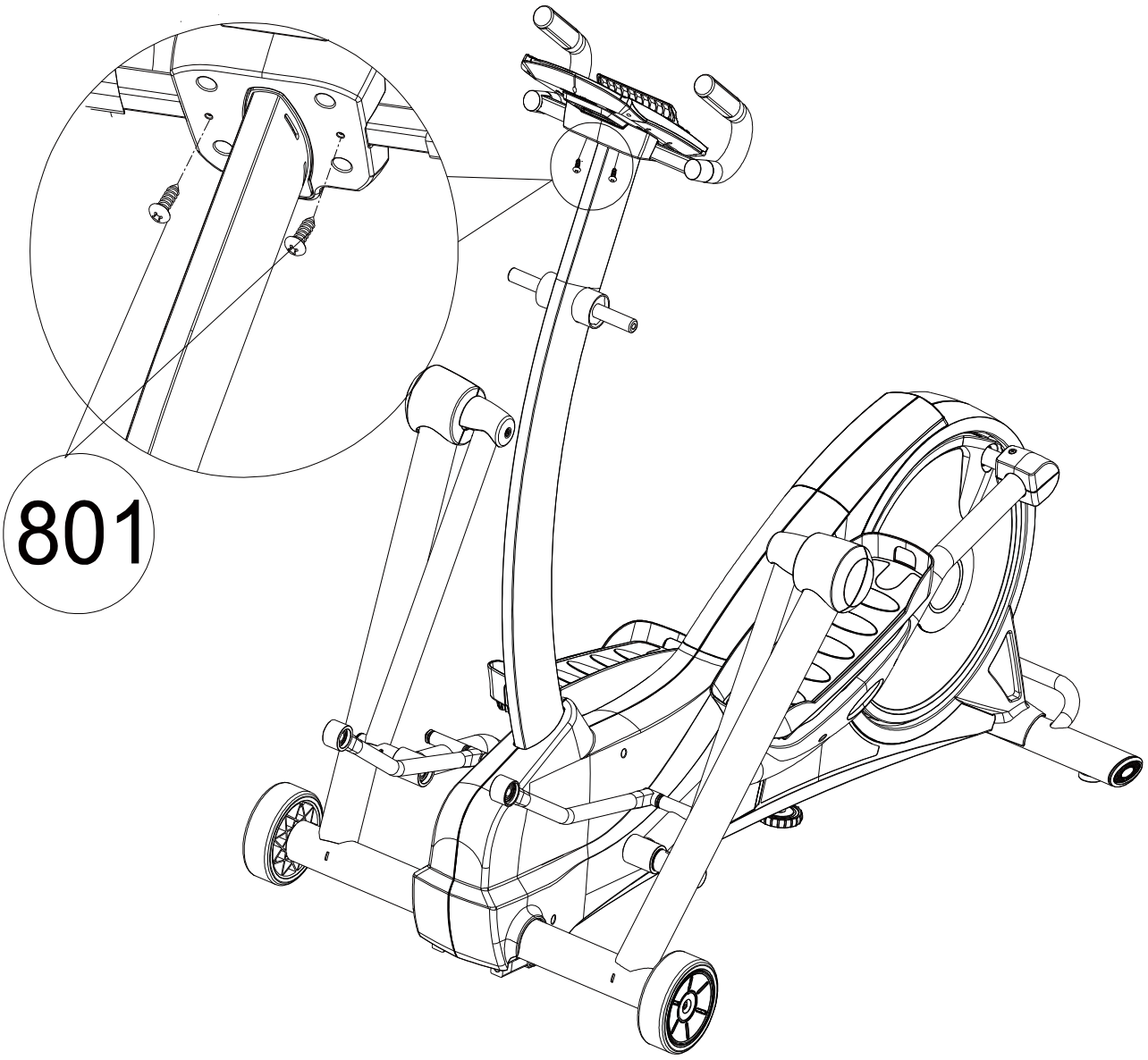
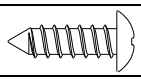
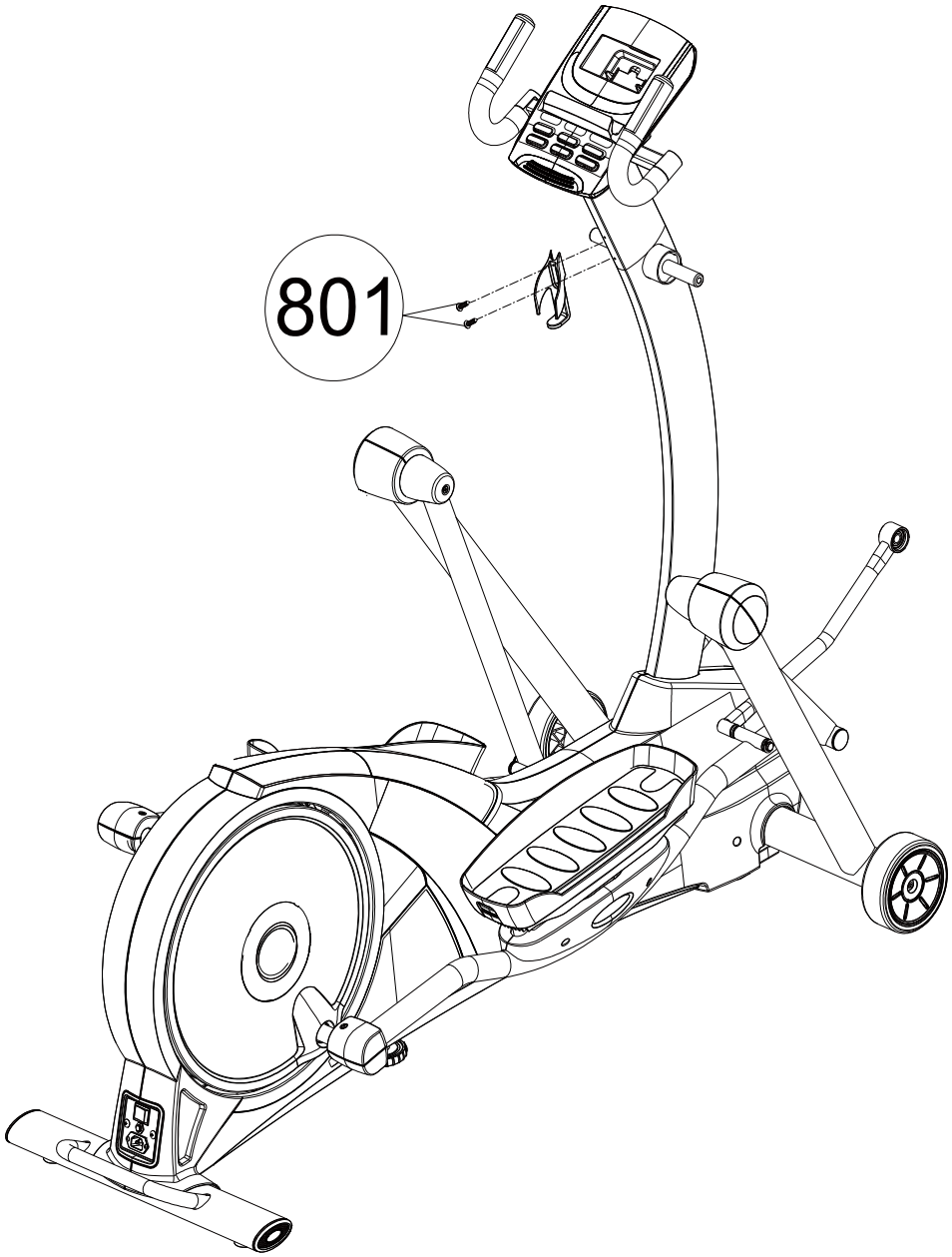
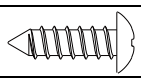


801	X2	

STEP13 ASSEMBLY



801	X2	

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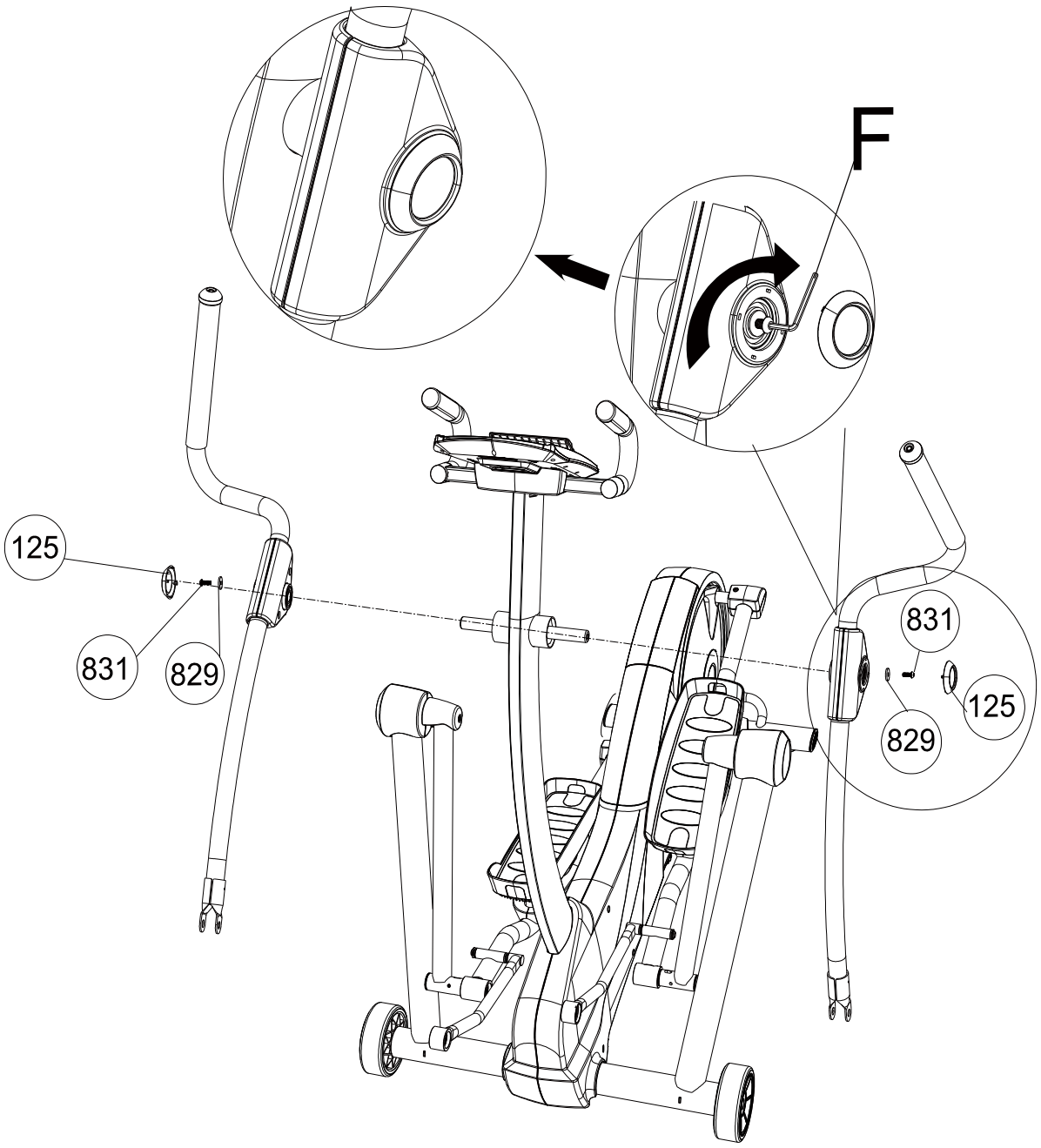
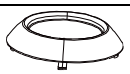
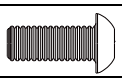


125	X2	
831	X2	
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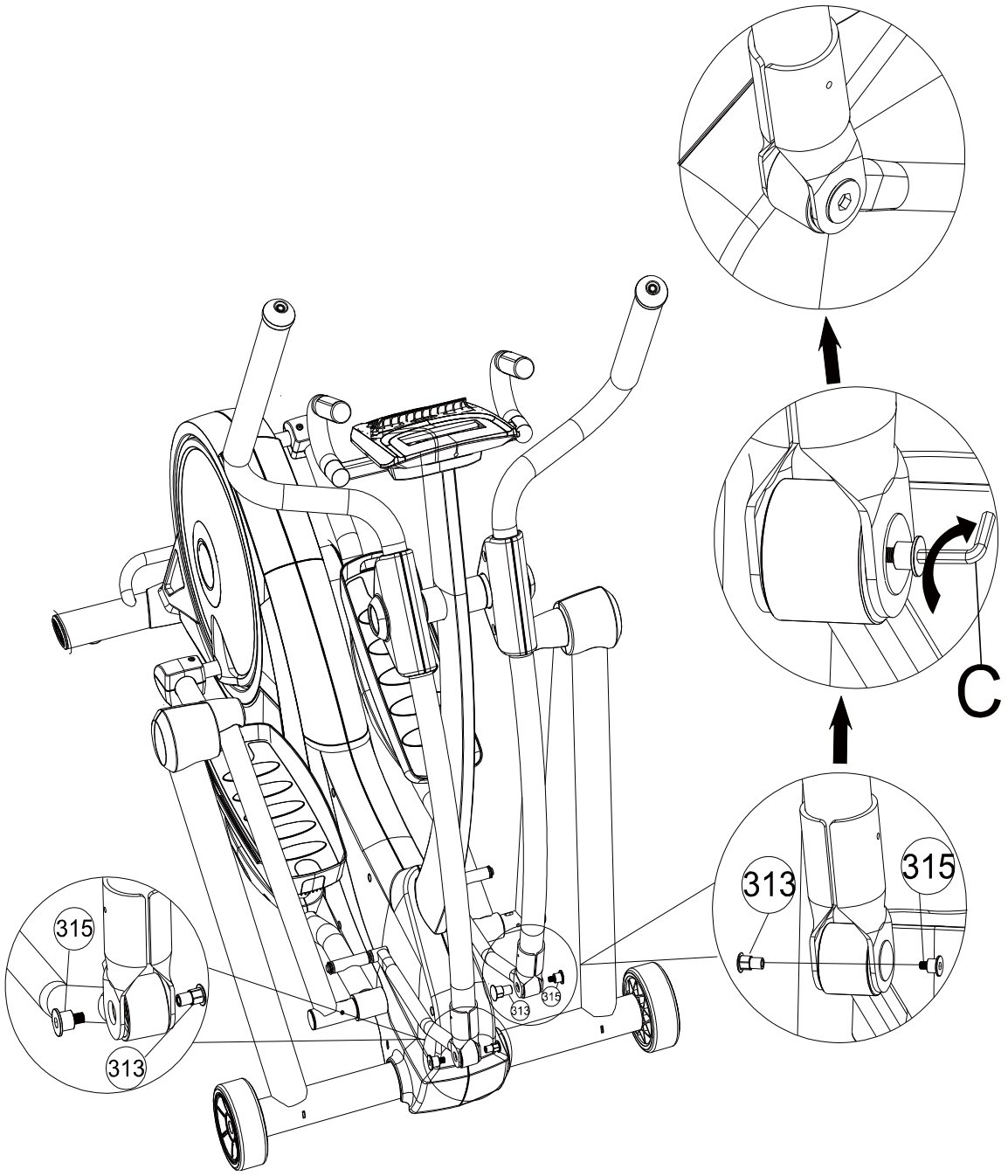
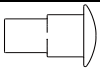


313	X2	
315	X2	

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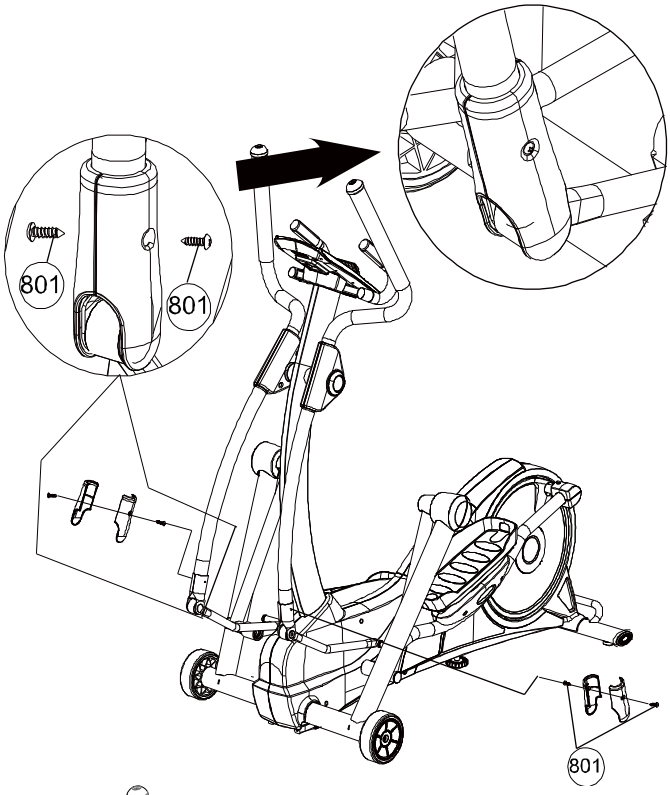
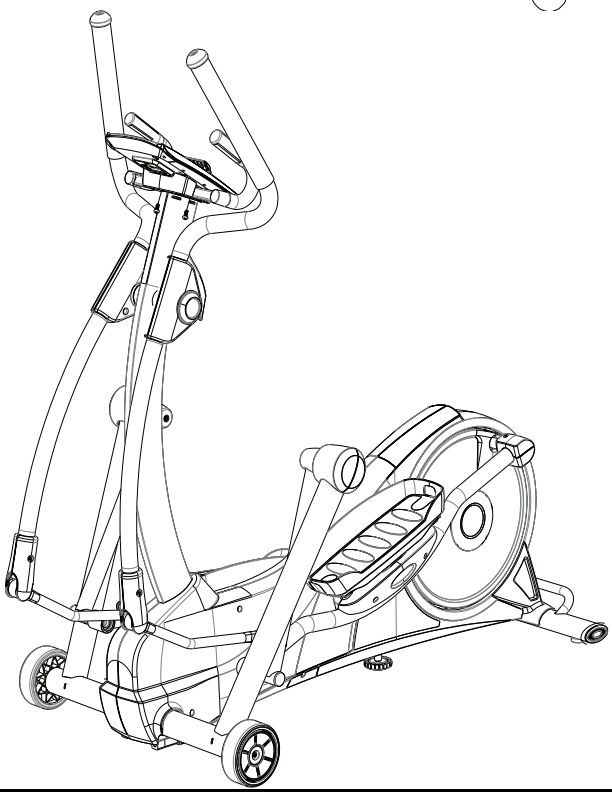
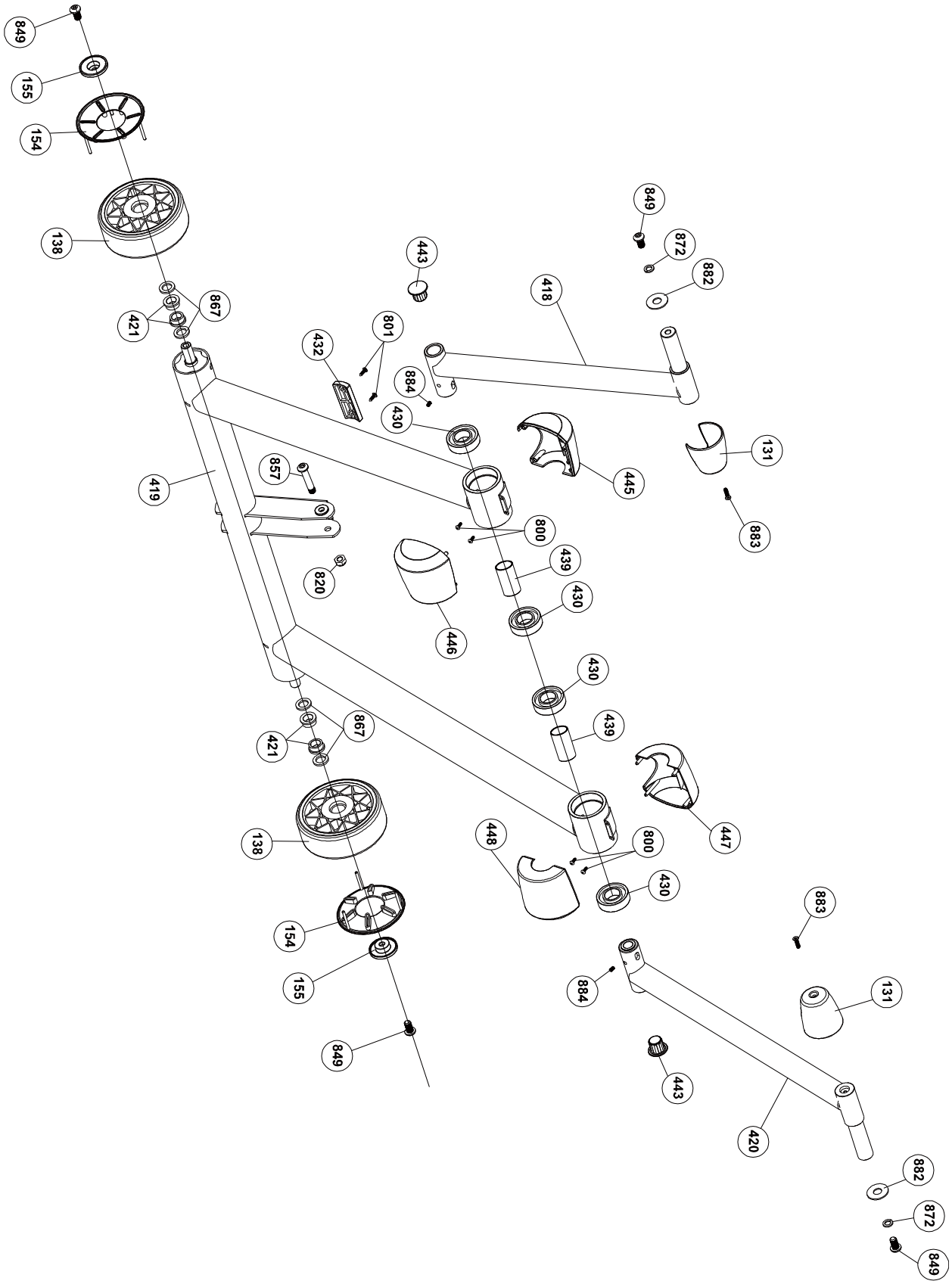




801	X4	

EXPLODED DIAGRAM



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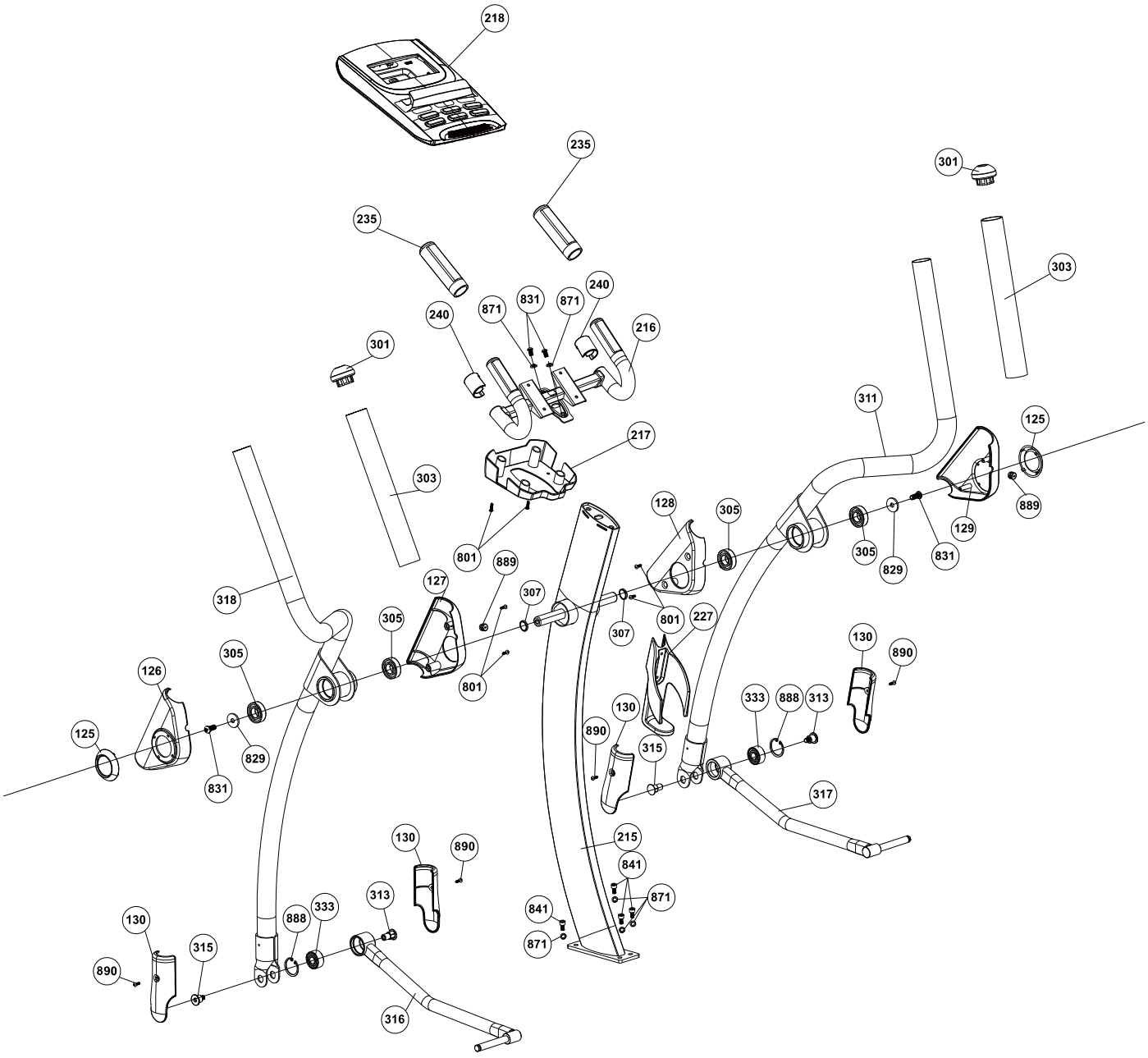

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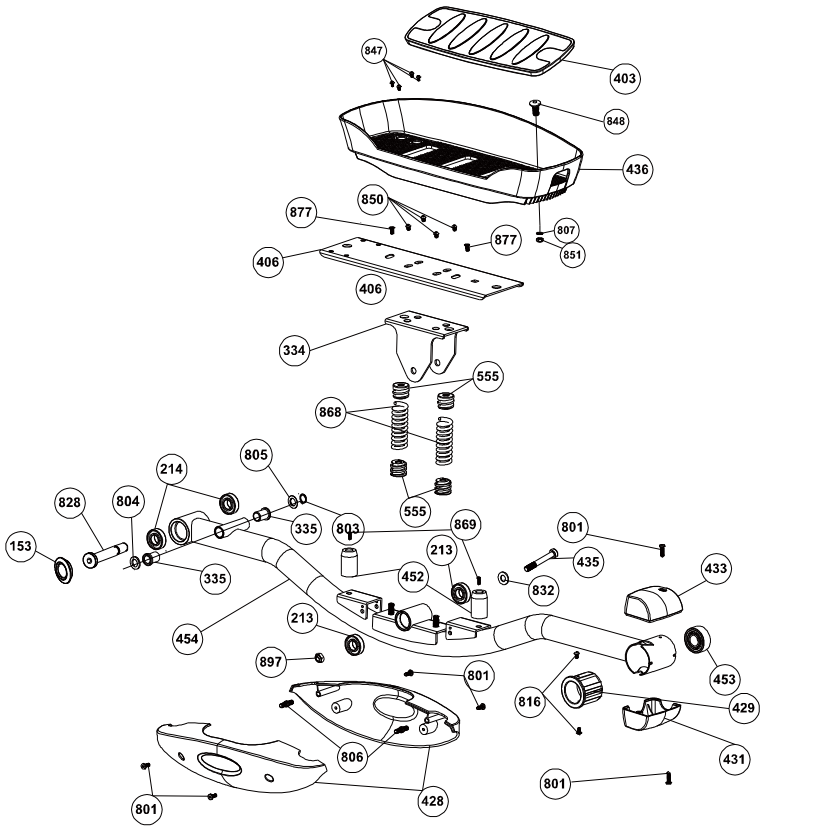

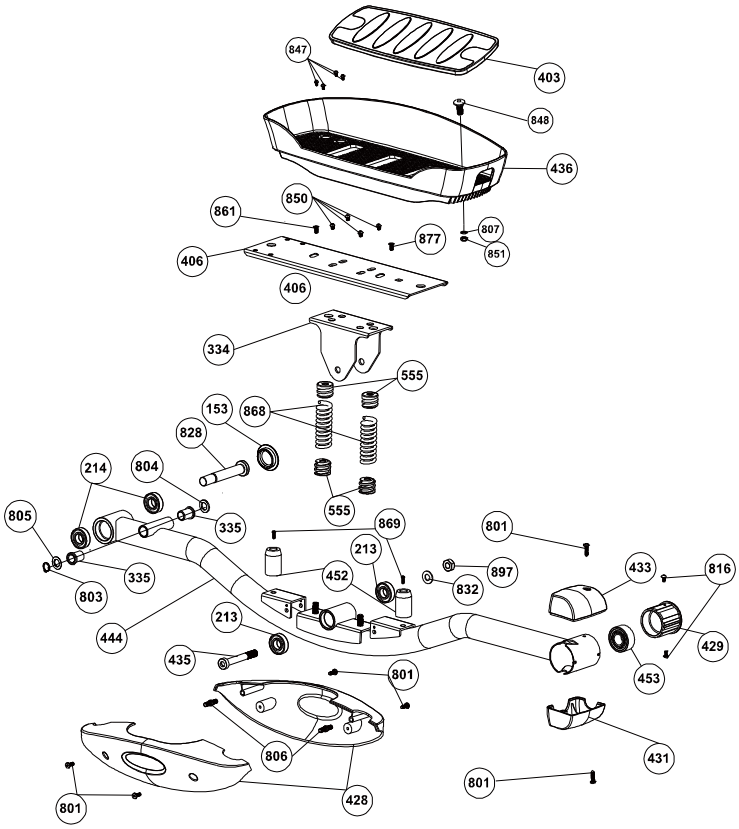

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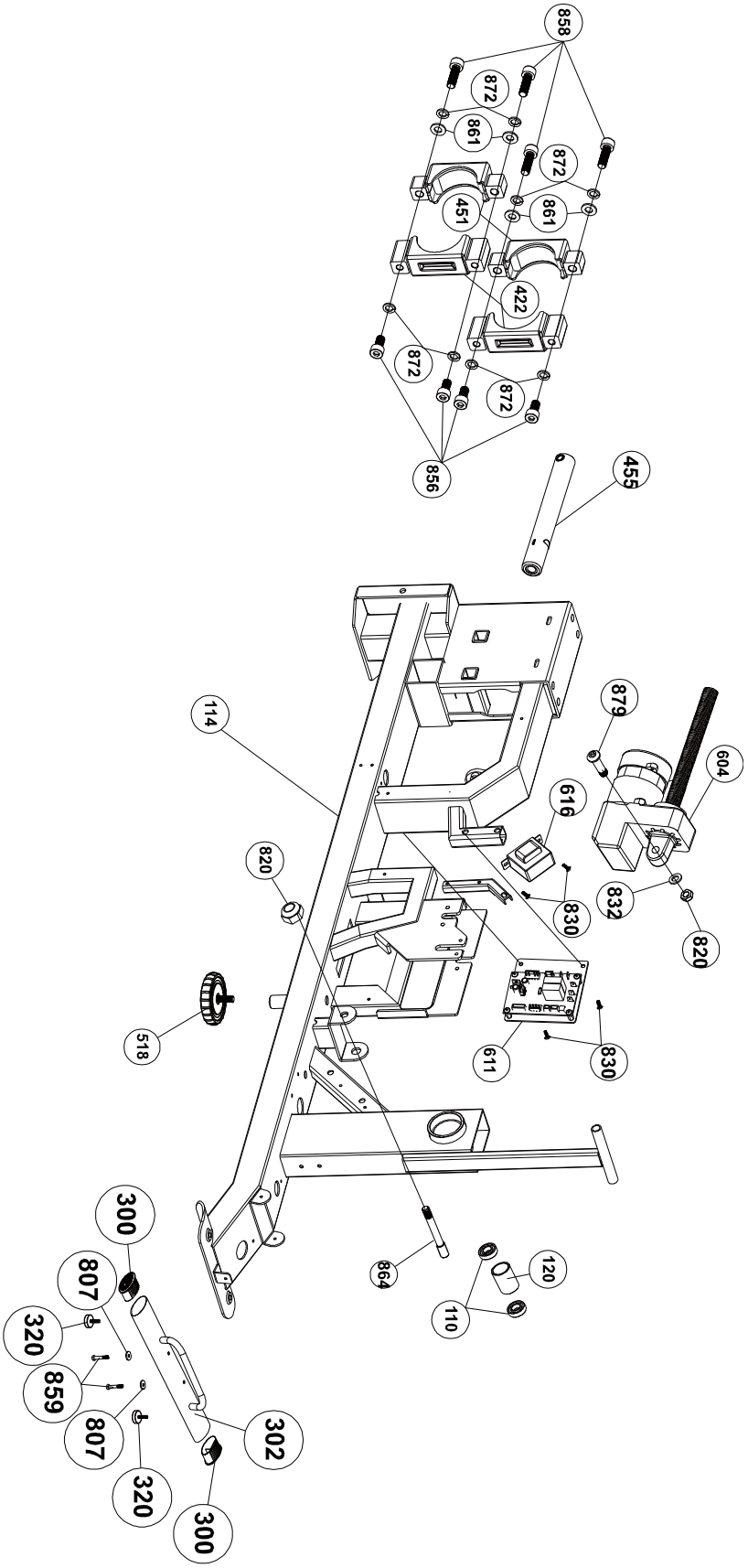

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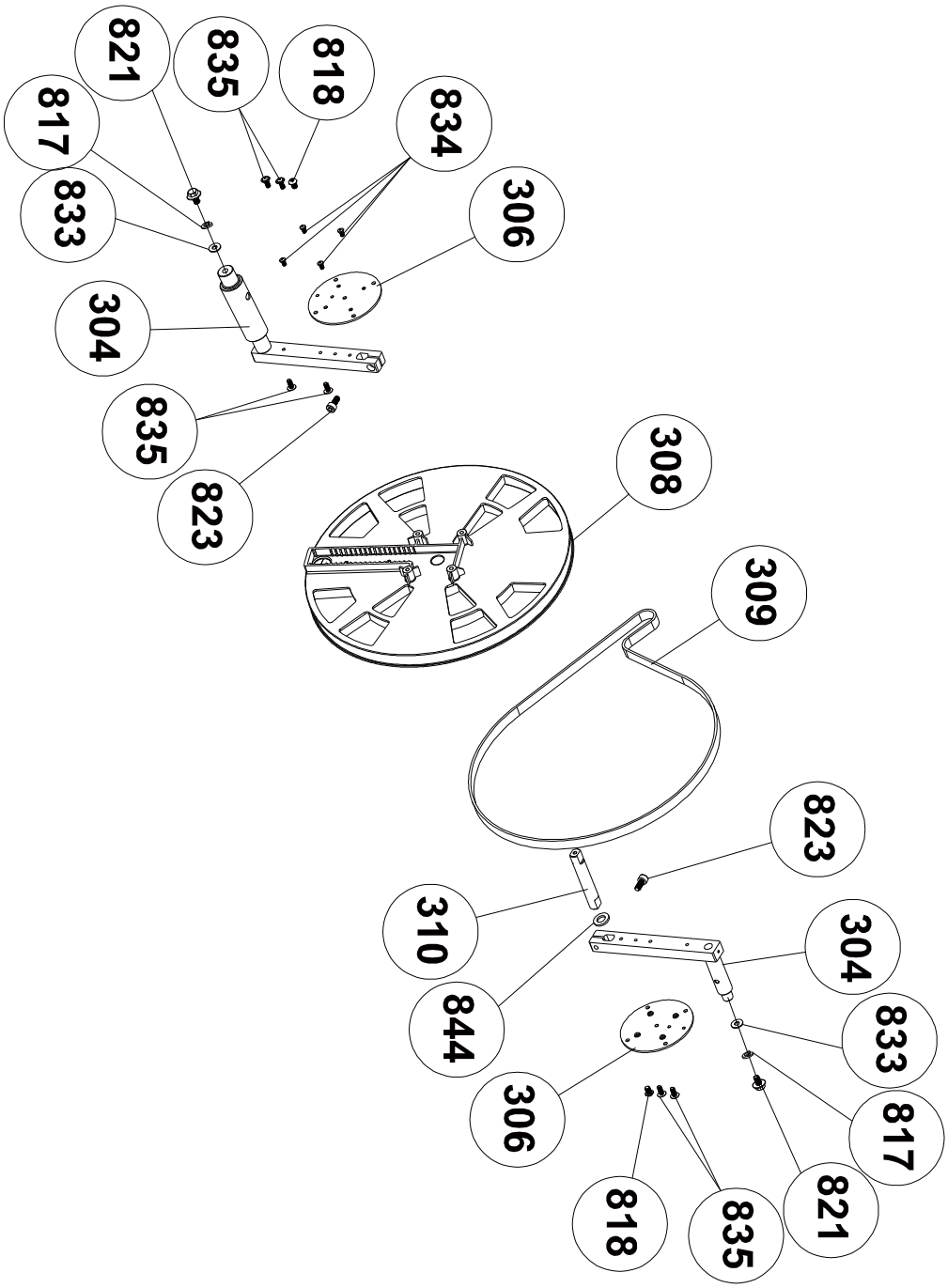

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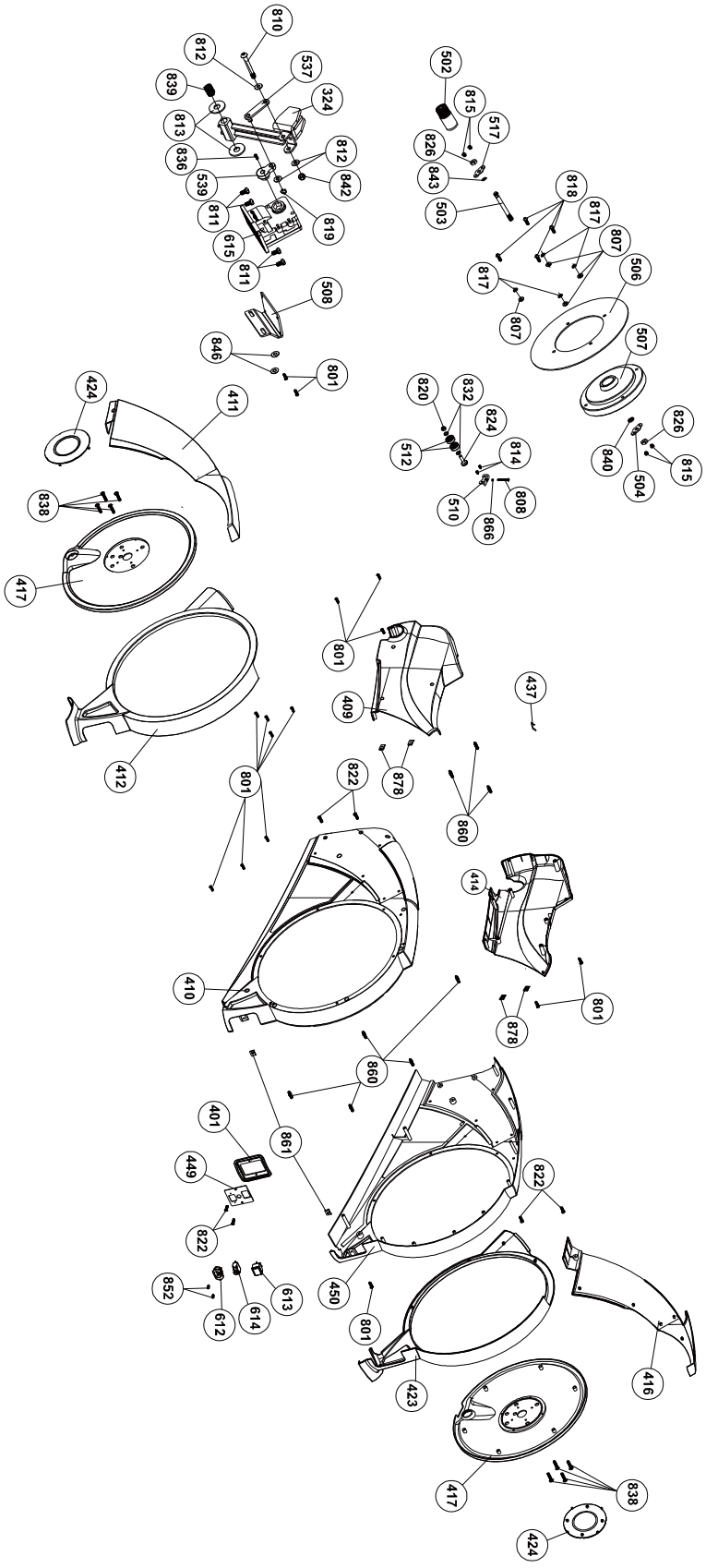
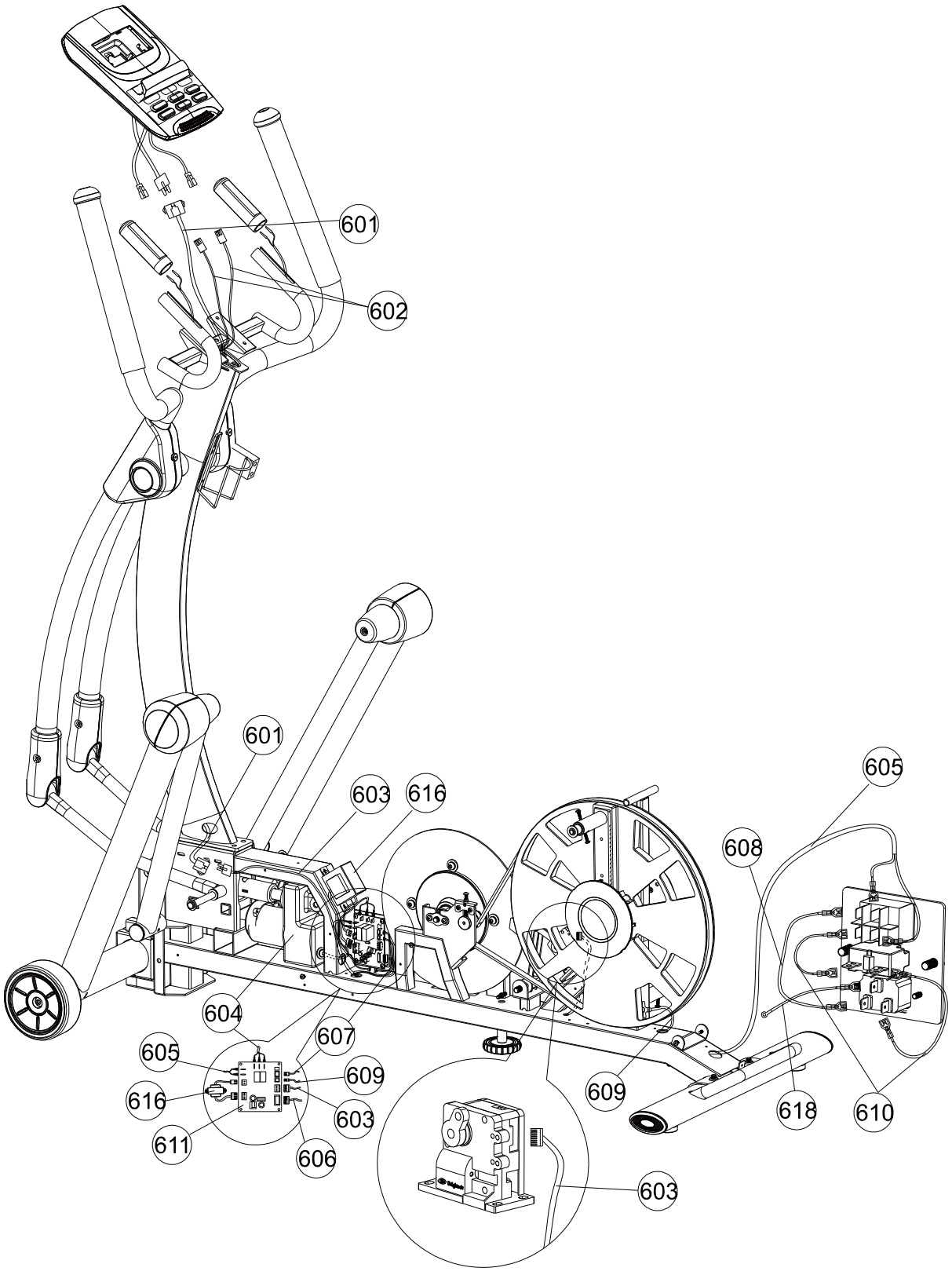


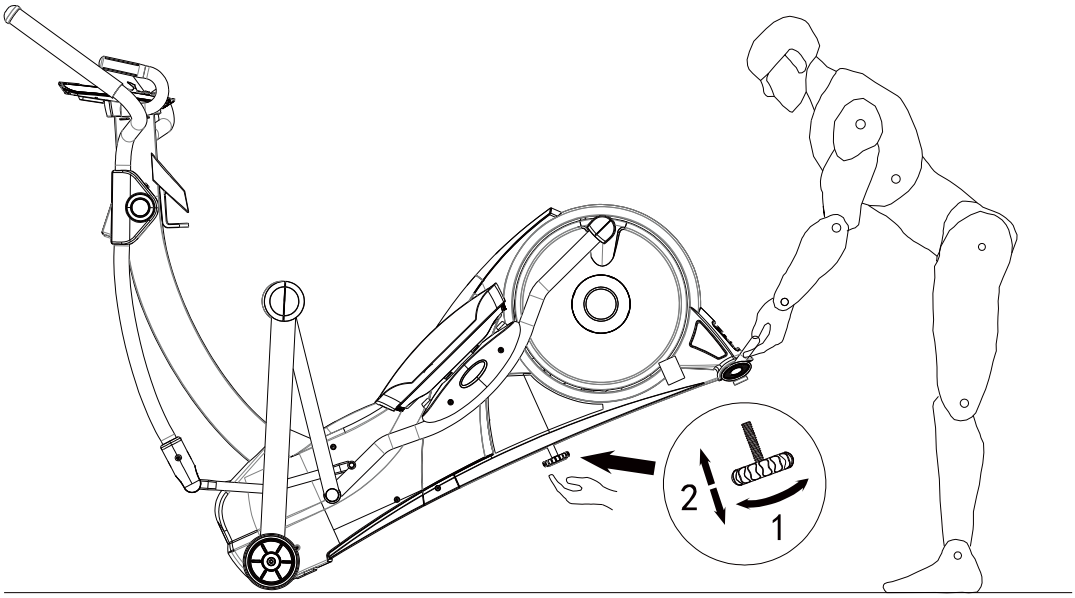
WIRING DIAGRAM



STABILIZER ADJUSTMENT

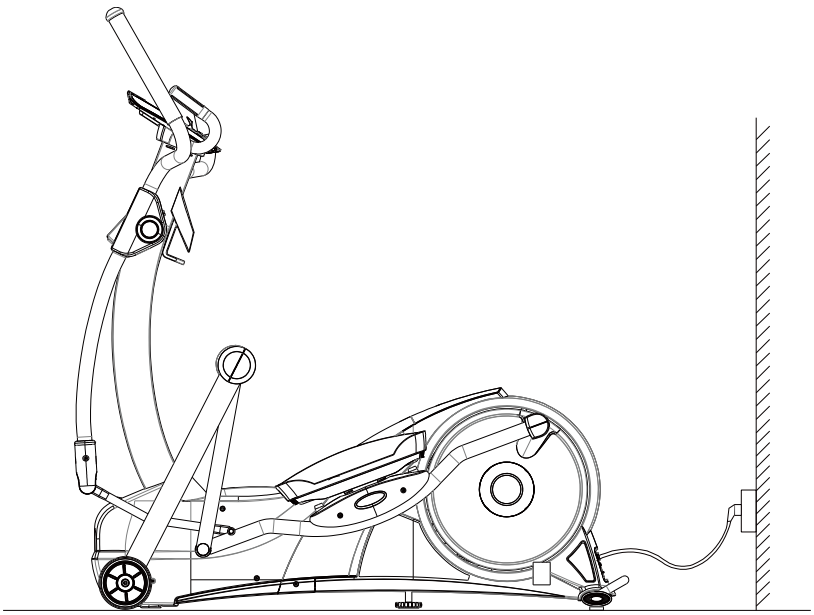
Adjustment

If your elliptical is slightly unbalanced due to uneven floor surfaces, you can adjust the feet to prevent any wobbling. The feet locate at the under the stabilizer tube –rear. This is done by screwing the feet in or out until the elliptical sits evenly on the floor.



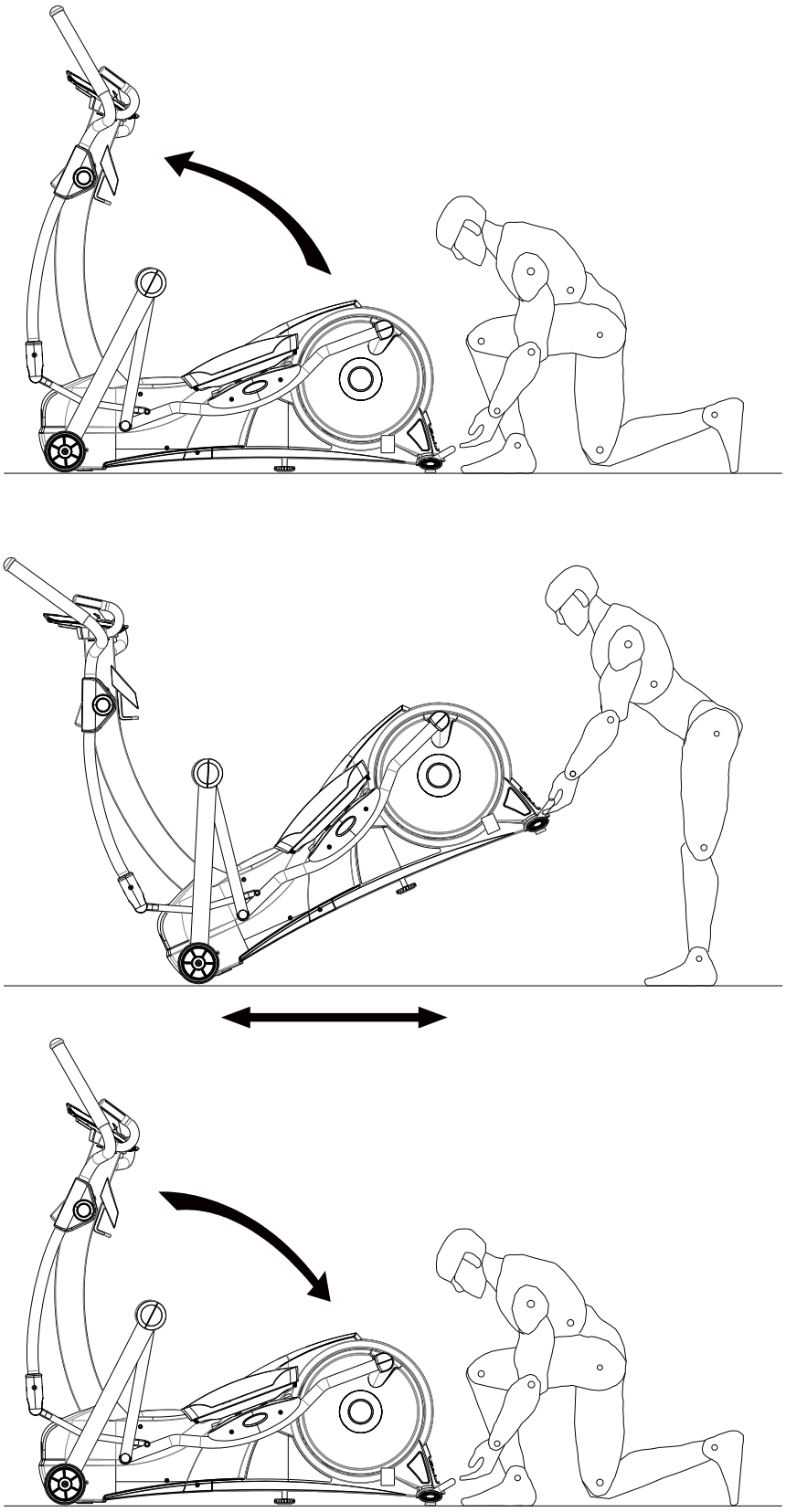
Power

Connecting the power cord for Cross trainer and turn on the power switch

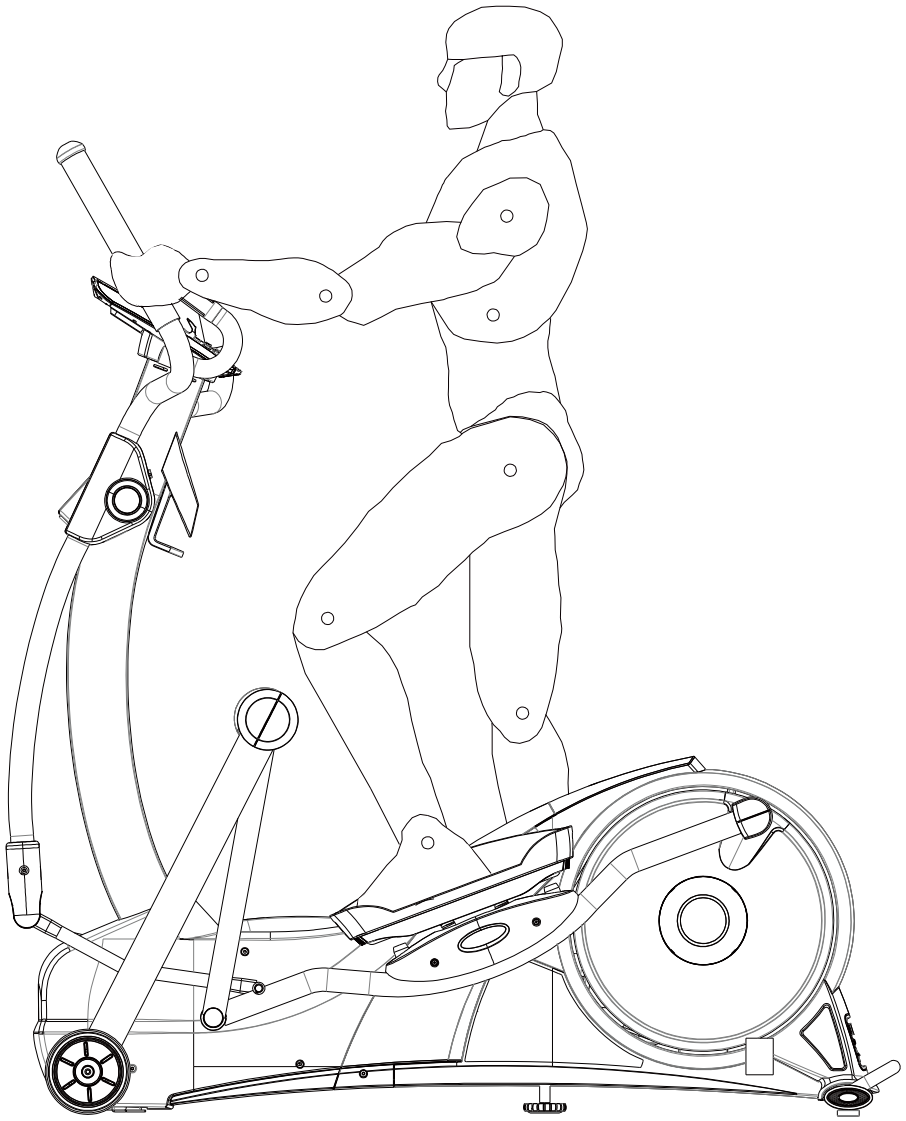


TRANSPORT INSTRUCTIONS

Transport



CORRECT USE



IMPORTANT STEPS

Warning:

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor first. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

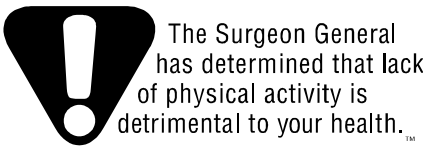
Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning:

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

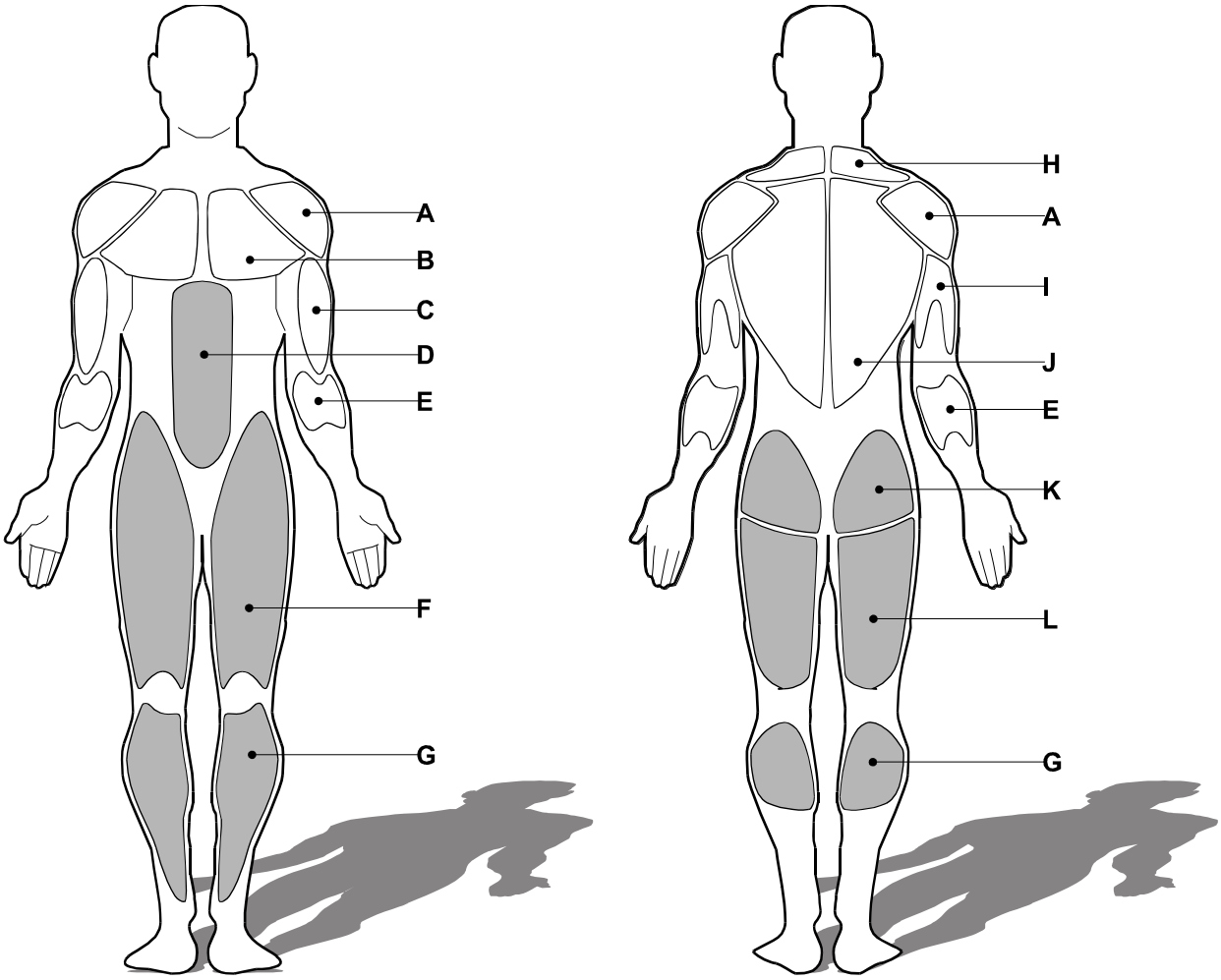
- Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling. Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.
- Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



MUSCLE CHART

Targeted muscle groups:

The exercise routine that is performed on this product will develop primarily lower body muscle groups. These muscle groups are shown in gray color on the chart below.



MUSCLE GROUPS

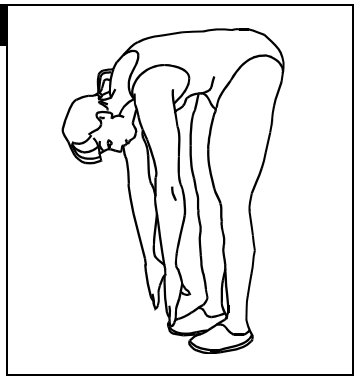
A	Shoulder muscles	Calf muscles	G
B	Pectoral muscles	Trapezius muscles	H
C	Bicep muscle	Tricep muscles	I
D	Abdominal muscles	Back muscles	J
E	Forearm muscles	Gluteal muscles	K
F	Quadricep muscles	Hamstring muscles	L

STRETCHING ROUTINE

Warm up and cool down:
A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the warm-up and cool-down exercises on the following pages:

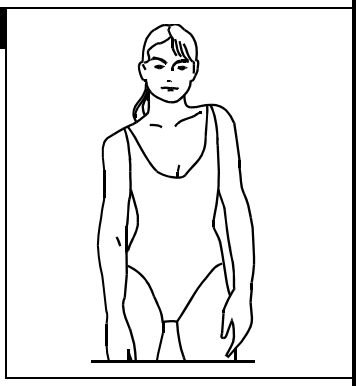
Toe Touch:

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



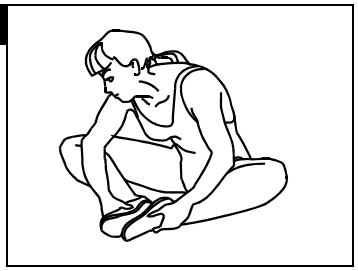
Shoulder Lift:

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



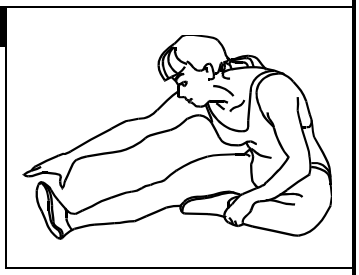
Inner Thigh Stretch:

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



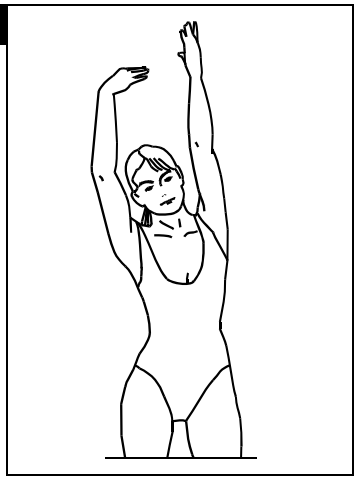
Hamstring Stretch:

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



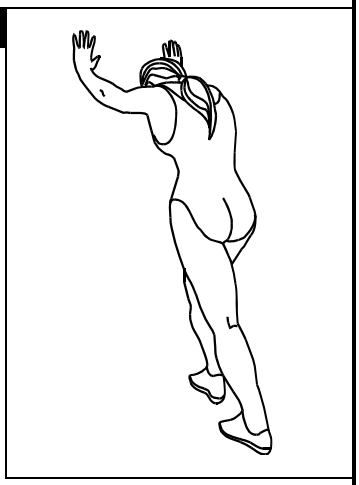
Side Stretch:

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



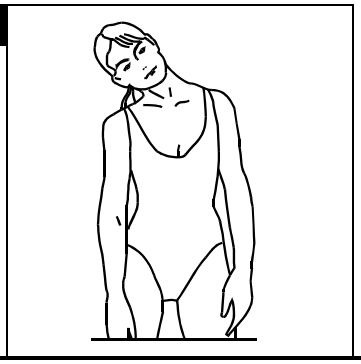
Calf-Achilles Stretch:

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



Head Roll:

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



WARRANTY

NOTE: Save this document for your records. This warranty include all YOWZA "JUPITER PILOT" Products

TO OBTAIN SERVICE: CALL 877-969-9240 OR EMAIL SERVICE@YOWZAFITNESS.COM to report a service issue or manufacturers defect. At the sole discretion of YOWZA FITNESS, Yowza will provide one of the following methods to resolve the service claim: a) dispatching of an authorized independent service technician to repair the product in the home, b) reimburse the customer at a rate of $75.00 per service issue. Service issue is defined as an approved service claim. Limit of one $75.00 payment will be made on each service claim. All repairs must be authorized by YOWZA FITNESS prior to performance of work. Claims on unauthorized repairs may be denied. Many oversights, which are not covered under this Agreement, can be due to simple circumstances such as the Covered Product not being switched on, being unplugged, or a fuse blown at the junction box.

WHO IS COVERED: THIS LIMITED WARRANTY IS OFFERED ONLY TO BUYER(s) WHO PURCHASED THE PRODUCT FROM YOWZA OR ONE OF OUR AUTHORIZED DEALER'S IN THAT AUTHORIZED TERRITORY. THIS LIMITED WARRANTY IS NOT OFFERED TO BUYER(S) WHO PURCHASED THE PRODUCT FROM ANY OTHER SOURCE, The terms " you" and "your" are used in this Limited Warranty to refer to the original buyer who purchased the product form YOWZA or one of our authorized dealers in that dealer's authorized territory, and any person receiving the product in an unused condition as a gift from such original buyer. The terms "we", "us" and "YOWZA" are used in this Limited Warranty to refer to YOWZA International, Inc.

WHAT IS COVERED: This Limited Warranty covers all products that are sold under the YOWZA "JUPITER PILOT" name to buyers who purchased the product from YOWZA or one of our authorized dealers in that dealer's authorized territory and used in United States and Canada. Except as otherwise stated in this Limited Warranty, we will repair or correct any product or part defect occurring during the stated WARRANTY PERIOD which we determine is related to materials or workmanship and is not due to normal wear and tear.

WHAT IS NOT COVERED: THIS LIMITED WARRANTY DOES NOT COVER PRODUCTS PURCHASED FROM ANY SOURCE THAN YOWZA OR ONE OF OUR AUTHORIZED IN THAT DEALER'S AUTHORIZED TERRITORY. PRODUCTS SOLD, MOVED OR USED OUTSIDE THE BORDERS OF THE CONTINENTAL UNITED STATES AND CANADA ARE SUBJECT TO THE TERMS PROVIDED BY THE LOCAL DISTRIBUTOR AND ARE NOT COVERED BY THIS LIMITED WARRANTY. Product requires normal maintenance including, but not limited to, regular inspection and wear component replacement. We do not warrant damage caused by the lack of normal maintenance repairs such as those detailed within the Owner's Manual. We do not warrant any causes beyond our control. Corrosion, oxidation or deterioration caused by product location, exposure or environment, or conditions caused by unsuitable finishes, cleaners, or lubricants are not covered. Damage or breakage caused by unauthorized service, installation, alteration, modification, assembly or disassembly, negligence, or conditions of use which are unintended for the product are not warranted. This Limited Warranty does not cover cosmetic or surface corrosion resulting from chips or scratches in the paint. Extra expenses including, but no limited to, loss of machine use and inconvenience are not covered. Due to varying conditions under which the product is used, we offer no warranties, express or implied, as to the length of service. We do not warrant products that have not been paid for, or in the event that we have offered a payment plan, products purchased by buyers who are in arrears on a payment plan. THIS LIMITED WARRANTY DOES NOT COVER UNINTENDED USE. See "INTENDED USE" below.

INTENDED USE: This Limited Warranty covers only defects that arise in the ordinary, intended use of the product. Products sold under the YOWZA "JUPITER PILOT" name are intended for residential use.

WARRANTY PERIOD: The warranty period begins on the date on the product was delivered to the original buyer. The warranty period for lifetime frame, and two years on all other parts. The labor portion of the warranty is one year from the date of delivery.

WHO WILL PAY LABOR AND TRANSPORTATION COSES: If we determine, during the first year of the warranty period, that the product or any covered part must be shipped to the manufacturing facility for repair or service, all warranty repairs, including transportation costs and labor, will be made at NO CHARGE to you; thereafter, you will be responsible for all costs of repair and service, including labor and transportation costs.

WHAT YOU MUST DO TO OBTAIN WARRANTY COVERAGE DO TO OBTAIN WARRANTY COVERAGE: Retain proof of purchase. All warranty repairs and corrections require proof of purchase. To obtain coverage, please contact YOWZA Technical Support (877-969-9240) within seven (7) days after discovery of the defect and follow the directions provided to you by your YOWZA Service Representative.

MODIFICATIONS TO WARRANTY ARE NOT AUTHORIZED: No one is authorized to modify, change, transfer or extend in any way the terms of this Limited Warranty.

THINGS TO KNOW ABOUT OBTAINING PRODUCT ACCESSORIES, PARTS AND REPAIR SERVICE: To secure repair service under this warranty.

WARRANTY

DISCLAIMER OF WARRANTIES AND LIMITATION OF REMEDIES: It is impossible to eliminate all risks inherently associated with use of the product. Personal injury or other unintended consequences may result because of factors beyond our control. WE MAKE NO OTHER WARRANTIES OF ANY KIND. EXPRESS OR IMPLIED, OTHER THAN THOSE EXPRESSLY SET FORTH WITHIN THIS DOCUMENT. ALL WARRANTIES OTHER THAN THE WARRANTIES EXPRESSLY PROVIDED HEREIN ARE SPECIFICALLY EXCLUDED. IN THE CASE OF NON-CONSUMER BUYERS, ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE HEREBY DISCLAIMED.

IN THE CASE OF A CONSUMER BUYER, THE DURATION OF ALL IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE IS LIMITED TO THE DURATION OF THE EXPRESS WARRANTIES PROVIDED WITHIN THIS DOCUMENT.

WE WILL NOT BE LIABLE FOR ANY DIRECT OR INDIRECT, CONSEQUENTIAL OR INCIDENTAL DAMAGES, LOSSES OR EXPENSES, INCLUDING BUT NOT LIMITED TO COMMERCIAL LOSSES, BUSINESS INTERRUPTION, OR DAMAGE TO PROPERTY OTHER THAN THE PRODUCT OR PRODUCTS TO WHICH THIS LIMITED WARRANTY APPLIES.

EFFECT OF STATE LAWS: Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some States do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from State to State. If there is a section in there Bout disputes it should read that all disputes must be litigated in Collier county Florida.

ALTERNATIVE DISPUTE RESOLUTION FOR NON-CONSUMER BUYERS: WE RESERVE THE RIGHT TO MANDATE ALTERNATIVE DISPUTE RESOLUTION TO SETTLE ANY OR ALL CLAIMS RESULTING FROM THIS SALES TRANSACTION. ALTERNATIVE DISPUTE RESOLUTION PROCEEDINGS WILL BE CONSUCTED IN THE STATE OF FLORIDA ACCORDING TO THE COMMERCIAL RULES OF THE AMERICAN ARBITRATION ASSOCIATION.

COMPUTER OPERATION

Computer operating instructions

COMPUTER OPERATION

A	**RESISTANCE UP**	**B**	**START/ENTER**	**C**	**INCLINE UP**
D	**RESISTANCE DOWN**	**E**	**STOP/PROGRAMS**	**F**	**INCLINE DOWN**

COMPUTER OPERATION

BUTTONS AND FUNCTIONS

PULSE
The PULSE - display range is from 0 to 199.

DISTANCE
The DISTANCE display range is from 0.0 to 99 kilometres/miles.

CALORIES
The calories display range is from 0 to 999.

WATT
The display range of the WATT is from 50 to 600.

SPEED/RPM
It will display the SPEED (MPH/KMH) /RPM.

MOTION DISPLAY
Displays motion display from 1to 12.

GENDER
Press the resistance UP/DOWN button to select your gender.

RESISTANCE LEVEL
It will display your current Resistance Level when exercise.

POWER ON
After connecting the power cord switch the power button on. The LCD screen will light up.
To switch back to the power on status after the machine has already been used press the stop button twice.

QUICK START
When the computer is in the POWER ON STATUS, press the START button to activate the QUICK START program, the TIME, DISTANCE and CALORIES will count up when you start exercising.

SLEEP MODE
When the power is ON the computer will automatically enter SLEEP MODE if it is left idle for 3 minutes without receiving any input, press any button to return to power on status when the computer is in the SLEEP MODE.

PAUSE MODE
While in the PROGRAM, without pedalling the machine for 30 seconds, the speed sensor located inside the machine can not detect any RPM signal, the console will enter the PAUSE MODE. During the PAUSE MODE, if you start pedalling the machine or press the START button, the console will return to the PROGRAM MODE and continue the original program. Press the STOP button to PAUSE the program, press STOP button twice and the LCD will return to POWER ON status.

USER ID

After connecting the power cord switch the power button on. The LCD screen will light up. Press the START/ ENTER button to enter user ID setting, The "U1" will be flashing .user may press the UP/DOWN buttons to choose the User ID from U1 to U9
Then press the START/ENTER to confirm

USER WEIGHT
To To select one of the User programs, user need to set the weight , after assigning your user ID ,the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, and then press ENTER to confirm.

COMPUTER OPERATION

USER GENDER
After weight has been confirmed, the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press ENTER button to select your GENDER.

USER AGE (Only program 9)
After the WEIGHT has been confirmed the SPEED display will show AGE or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user age information then, press ENTER to confirm. When the AGE is confirmed, the pulse data will be adjusted automatically at the same time.
Estimated Normal pulse rate = (220 – AGE) X 65%
Estimated Maximum pulse rate = (220 – AGE) X 85%

PROGRAM
To select one of the User programs, you will need to select the USER CODE first, press the UP/DOWN button to select the USER CODE from U1 to U9. This is shown in the SPEED display. Press the START/ENTER button to confirm the USER CODE. If the user information has been previously input, press START/ENTER button and hold for 5 seconds, The computer will then skip the user information set up procedure and enter the program select procedure. To input new information, please follow the below procedure.

P 1- P 9 & C 1-C 5 Program Selecting Procedure
After the gender has been set up and press the “START/ENTER” button to confirm, the LCD will display and flash “P1”, press “UP “and “DOWN” to select. Then press the “START/ENTER” button to confirm and save.

COMPUTER OPERATION

PROGRAM 1 – TARGET TIME

After entering this program, the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, and then press START/ENTER button to confirm. After the WEIGHT has been confirmed , the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press START/ ENTER button to select your GENDER. After the GENDER has been confirmed ,the TIME display shows the factory default setting “16:00” . Press UP/DOWN button to adjust the target time and press START/ENTER to confirm.

Press START/ENTER button to start the target time program. Time counts down to 0, Distance and Calories count up. Press RESISTANCE UP/DOWN to adjust the resistance and press INCLINE UP/DOWN to adjust the motion.

PROGRAM 2 – TARGET DISTANCE

After entering this program, the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, and then press START/ENTER button to confirm. After the WEIGHT has been confirmed , the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press START/ ENTER button to select your GENDER. After the GENDER has been confirmed , the DISTANCE display shows factory default setting “3.2” . Press UP/DOWN button to adjust the target distance and press START/ENTER to confirm.

Press START/ENTER button to start the target distance program. Distance counts down to 0, Time and Calories count up. Press RESISTANCE UP/DOWN to adjust the resistance and press INCLINE UP/DOWN to adjust the motion.

PROGRAM 3 – TARGET CALORIES

After entering this program, the TIME display will show WEIGHT or the previous setting and begin flashing. Press the UP/DOWN button to adjust the user weight information, and then press START/ENTER button to confirm. After the WEIGHT has been confirmed , the GENDER icon will display on the LCD, press the UP/DOWN button to switch between male and female icon, then press START/ ENTER button to select your GENDER. After the GENDER has been confirmed ,the CALORIES display shows the factory default setting “50” . Press UP/DOWN button to adjust the target calories and press START/ENTER to confirm.

Press START/ENTER button to start the target calories program. Calories counts down to 0, Time and Distance count up. Press RESISTANCE UP/DOWN to adjust the resistance and press INCLINE UP/DOWN to adjust the motion.

COMPUTER OPERATION

PROGRAM 4 – FAT BURNING

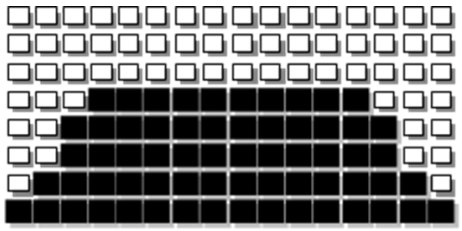
This program's goal is to elevate your heart rate and maintain it for most of your workout. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.

When you select this program, you are prompted to enter weight, difficult setting (d1-d 8), and program time. Use the UP/DOWN button to adjust value and press START/ENTER button to confirm. Finally, press the START/ENTER to begin.

Time counts down to 0, Calories and Distance will count up. Press RESISTANCE UP/DOWN to adjust the Resistance and press INCLINE UP/DOWN to adjust the motion.

To quit the program while exercising, press the "STOP/PROGRAMS" button twice.

During the program, the incline level will not change unless you manually change it. Any incline setting you change will remain that way for the remainder of the program.



PROGRAM 5 – INTERVAL RESISTANCE

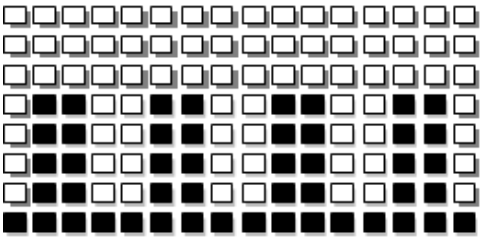
This program's goal is to vary your RESISTANCE Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.

When you select this program, are prompted to enter weight, difficult setting (d1-d 8), and program time. Use the UP/DOWN button to adjust value and press the START/ENTER to confirm. Finally, press START/ENTER to begin.

Time counts down to 0, Calories and Distance will count up. Press RESISTANCE UP/DOWN to adjust the Resistance and press INCLINE UP/DOWN to adjust the motion.

To quit the program while exercising, press the "STOP/PROGRAMS" button twice.

During the program, the incline level will not change unless you manually change it. Any incline setting you change will remain that way for the remainder of the program.



TIME /zone **INTENSITY** /level **LEVEL**	**1st Segment**	**2nd Segment**	**3rd Segment**	**4th Segment**	**5th Segment**	**6th Segment**	**7th Segment**	**8th Segment**
d1	L1	L9	L9	L1	L1	L9	L9	L1
d2	L2	L10	L10	L2	L2	L10	L10	L2
d3	L3	L11	L11	L3	L3	L11	L11	L3
d4	L4	L12	L12	L4	L4	L12	L12	L4
d5	L5	L13	L13	L5	L5	L13	L13	L5
d6	L6	L14	L14	L6	L6	L14	L14	L6
d7	L7	L15	L15	L7	L7	L15	L15	L7
d8	L8	L16	L16	L8	L8	L16	L16	L8

COMPUTER OPERATION

PROGRAM 6 – INTERVAL MOTION

This program's goal is to vary your Incline Level, taking you from peak to recovery. This program can be run at 8 different difficulty levels which can be adjusted during the program setup or during the workout.

When you select this program, you are prompted to enter weight, difficult setting (d1-d 8), and program time. Use the UP/DOWN button to adjust value and press the START/ENTER to confirm. Finally, press START/ENTER to begin.

During the program: Time counts down to 0, Calories counts up, and Distance counts up. Press RESISTANCE UP/DOWN to adjust the RESISTANCE and press INCLINE UP/DOWN to adjust the motion.

TIME /zone / MOTION /stride / LEVEL	1st Segment	2nd Segment	3rd Segment	4th Segment	5th Segment	6th Segment	7th Segment	8th Segment
d1	1	5	5	1	1	5	5	1
d2	2	6	6	2	2	6	6	2
d3	3	7	7	3	3	7	7	3
d4	4	8	8	4	4	8	4	4
d5	5	9	9	5	5	9	9	5
d6	5	10	10	5	5	10	10	5
d7	5	11	11	5	5	11	11	5
d8	5	12	12	5	5	12	12	5

PROGRAM 7 – ENDURANCE

After entering this program, you are prompted to enter weight, difficult setting (d1-d 8), and program time. Use the UP/DOWN button to adjust value and press the START/ENTER to confirm. Finally, press START/ENTER to begin
Press START/ENTER button to start the ENDURANCE program. Time counts down to 0, Distance and Calories count up. Dot Matrix display shows the pre-set RESISTANCE and MOTION profile. Press RESISTANCE UP/DOWN to adjust the resistance and press INCLINE UP/DOWN to adjust the motion.

Every 6 time zones for a circle.

TIME /zone / INTENSITY /level / LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
d1	L1	L1	L3	L3	L4	L4	L5	L5	L6	L6	L7	L7	L9	L9	L1	L1
d2	L2	L2	L4	L4	L5	L5	L6	L6	L7	L7	L8	L8	L10	L10	L2	L2
d3	L3	L3	L5	L5	L6	L6	L7	L7	L8	L8	L9	L9	L11	L11	L3	L3
d4	L4	L4	L6	L6	L7	L7	L8	L8	L9	L9	L10	L10	L12	L12	L4	L4
d5	L5	L5	L7	L7	L8	L8	L9	L9	L10	L10	L11	L11	L13	L13	L5	L5
d6	L6	L6	L8	L8	L9	L9	L10	L10	L11	L11	L12	L12	L14	L14	L6	L6
d7	L7	L7	L9	L9	L10	L10	L11	L11	L12	L12	L13	L13	L15	L15	L7	L7
d8	L8	L8	L10	L10	L11	L11	L12	L12	L13	L13	L14	L14	L16	L16	L8	L8

COMPUTER OPERATION

Every 16 time zones for a circle.

TIME /zone / MOTION /stride / LEVEL	1st Seg.	2nd Seg.	3rd Seg.	4th Seg.	5th Seg.	6th Seg.	7th Seg.	8th Seg.	9th Seg.	10th Seg.	11th Seg.	12th Seg.	13th Seg.	14th Seg.	15th Seg.	16th Seg.
d1	1	2	2	2	3	3	3	4	4	4	5	5	5	6	1	1
d2	2	3	3	3	4	4	4	5	5	5	6	6	6	7	2	2
d3	3	4	4	4	5	5	5	6	6	6	7	7	7	8	3	3
d4	4	5	5	5	6	6	6	7	7	7	8	8	8	9	4	4
d5	5	6	6	6	7	7	7	8	8	8	9	9	9	10	5	5
d6	6	7	7	7	8	8	8	9	9	9	10	10	10	11	6	6
d7	7	8	8	8	9	9	9	10	10	10	11	11	11	12	7	7
d8	8	9	9	9	10	10	10	11	11	11	12	12	12	12	8	8

PROGRAM 8 – WATTS CONTROL

The function of Watts Control program is to allow the user to set a desired workout load (watts). The user's workout load is controlled automatically by increasing or decreasing the Resistance as the user changes their stride cadence (RPM). The Resistance will be reduced when user increases RPM and the Resistance will be increased when the user decreases the RPM.

When you select this program, you are prompted to enter weight, target WATTS and program time. Use the UP/DOWN button to adjust value and press the START/ENTER to confirm. Finally, press START/ENTER to begin.

During the program, the incline level will not change unless you manually change it.

Time counts down to 0, Calories and Distance will count up. Press RESISTANCE UP/DOWN to adjust the Resistance and press INCLINE UP/DOWN to adjust the motion.

PROGRAM 9 – TARGET HEART RATE CONTROL PROGRAM

The TARGET HEART RATE CONTROL program is designed to keep the user training at their chosen heart rate level to achieve the proper workout result. A heart rate monitoring device must be used for this program: Contact Heart Rate Grips or Chest Belt Pulse Transmitter. The equipment provides a standard contact handgrip on the Console support tube to sense the user's heart beat during the workout. The user must hold the contact handgrips on the Console support tube constantly in order to monitor the user heart rate during the workout. A wireless chest belt transmitter is highly recommended for this program since it provides the best most consistent feedback.

When you select this program you will be asked for weight, gender ,heartbeat and age. Your age will recommend a recommended Heart Rate. You can change it to a different value at your discretion.

IMPORTANT: By default, console software will recommend the user's recommended SAFE MAXIMUM HEART RATE based on the formula: ((220pbm-AGE) X 85%). User's are encouraged to consult with a doctor or training consultant to more accurately estimate their SAFE MAXIMUM HEART RATE in order to workout safely.

Finally, TIME display shows factory default setting "16:00". Press RESISTANCE UP/DOWN button to adjust the target time and press START/ENTER to confirm. Press START to Begin.

Once the user successfully enters the HEART RATE CONTROL program, the computer will actively adjust the INCLINE level and RESISTANCE level to keep the users at the TARGET HEART RATE throughout the program – excluding first 3 minutes and last minute (warm up and cool down)

COMPUTER OPERATION

PROGRAM C1-C5: Customer Program

The program can allow each user to create 5 individual custom programs and store the settings for repeated workouts. Programs can be up to 1-99 minutes long and can have up to Incline changes.

When you select a custom programs(C1,C2…C5),after you enter your weight and gender you can either Press the START/ENTER button to Begin or STOP/PROGRAMS to Edit the program.

EDIT MODE:

When you select edit, your cursor defaults to the first segment (noted by flashing box) in the LCD dot matrix. Every segment is 1 minute long.

Your incline and resistance windows show the set incline and resistance values for the segment that your cursor is on. Use the UP/DOWN button to adjust that segments values to your liking.

To make more segments: Press the STOP/ PROGRAMS button.

To delete a segment: Hold the STOP/ PROGRAMS (NOTE: when you Delete a segment, you not only delete the segment that you are on but also any segments that follow)

To save your changes and start your program: Press the START/ENTER

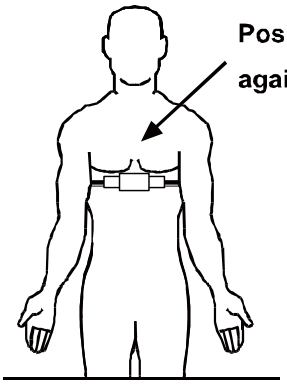
Main Individual custom program

Press the START/ENTER button again to begin the exercise program. The LCD display will show the RESISTANCE WATT, MOTION LEVEL and TIME status as the user set it.

Press RESISTANCE UP/DOWN to adjust the resistance and press INCLINE UP/DOWN to adjust the motion.
The target time of the program will count down from the preset time. The DISTANCE, CALORIES display will count up from 0.

To pause the program while exercising, press the STOP/PROGRAMS button. To quit the program, press the STOP/PROGRAMS button twice. At the end of the program when the target has been achieved, the computer will beep then return POWER ON status.

USING THE CHEST BELT HEART RATE MONITOR:
For proper operation, the chest belt should be worn with the monitor strapped across the front of your body just above the chest line as shown in the drawing on the right. The monitor needs a little body heat and moisture in order to work properly. To ensure correct operation you may want to wet the two rubber pickups under the belt prior to exercising.



Position the chest belt just under the chest line against a flat portion of the skin.

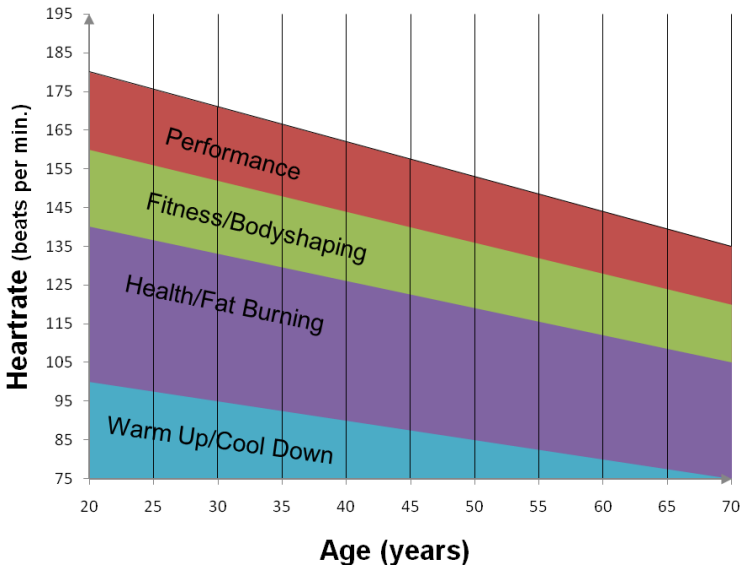
※ Chest belt is optional accessory.

COMPUTER OPERATION

Heart Rate Training

To maximize your results from training it is essential to monitor the intensity of your workout through your heart rate.
It is imperative that you accurately determine the target pulse rate within which to train in order that you may improve your fitness at a safe, comfortable and sustainable level.
The following table on the next page is a rough guide to determine the level at which you should be exercising based upon your maximum heart rate (MHR).

Heart Rate diagram



You can calculate the target-heartrate for your training as follows:
Maximum heartrate = 220 minus age
For the different trainingtargets you should train with the following percentage of your maximum heartrate:

Health/Fat Burning:	**50 – 70% of your max. heartrate**
Fitness/Bodyshaping:	**70 – 80% of your max. heartrate**
Performance:	**80 - 90% of your max. heartrate**

Example:
You are 25 years old and want to train for the target Fitness:
220 – 25 = 195
70% of 195 = 136,5
80% of 195 = 156
Your target-heartrate should be between 136,5 and 156 beats per minute.

This information is for your reference only. To determine your individual training intensity or in case you should have health restrictions please consult your physician before starting exercising.

YOWZA
FITNESS